

HERCULES II

(Apollo - Power - One)



lesson **1**



THIS IS THE
START
OF A
NEW LIFE
FOR YOU

Welcome to the Hercules II fold! ...

Congratulations! You have entered the wonderful world of Bodybuilding — From this day on you are entitled to call yourself a bodybuilder — or a physical culturist if you like. The important thing is that you are one of the 'special' people who have taken steps to improve yourself physically . . . You will never look back . . . From now on your world may well seem a different place. The fact that you have enrolled with us means that you are serious about improving your physical condition and overall appearance. In like manner we now pledge our sincerity in helping you attain the best possible physique, together with utmost strength, health, and fitness. Your body appeal is now OUR concern. It is our duty to keep the promises we made earlier before your enrolment. Believe us when we say that we are going to do our best to perform a 'miracle' before your eyes. We are going to attempt to transform you into the kind of person you always wanted to be. Have faith in us and chances are you will come **ALL THE WAY TO PHYSICAL PERFECTION** with flying colors.

Before undertaking this or any other Musclebuilding or fitness course you should always make sure that you are in normal health before starting. This is merely a precaution for your own good. Of course the chances are that you are in excellent health right at this moment. However we recommend that you first have a check-up with your family doctor. By all means show him this first lesson so that he will get an idea as to what you will be doing. In all probability he will be delighted that you have undertaken such a program of physical training. In addition we have to cover ourselves legally by stating that we accept no responsibility whatsoever for any accident, however unlikely, or damage that may be incurred, through following the recommendations of this course. Accordingly, take care not to perform the proposed exercises on rickety chairs, unstable ground, etc. Think safety in everything you do, whether it be in following this course, or in life in general.

This HERCULES II bodybuilding course consists of twelve lessons. These will be mailed to you regularly in the same manner as this first lesson. The HERCULES II staff will mail out your lessons each Tuesday. Ideally, you should get them in the correct numerical order, one per week. However there may be occasions, though it is unlikely, when a course may arrive a little early or late. Don't let this interfere with your training schedule. Simply keep to the plan as much as possible. You will certainly not suffer by staying on any single lesson for more than the week we propose. Just keep training until the next lesson arrives. You will notice that all your lessons are written in a very simple and easy to understand manner. So easy, even a child could follow the instructions.

It may seem rather ridiculous to state that you should follow all the instructions exactly as laid down, but we have found in our experience that many fellows, even though they have gone to the expense of purchasing our course, still do not follow our recommendations to the letter. As a result they do not make the best type of gains in muscular development! It cannot be emphasized too strongly that you should follow our course to the letter. Read through the text that explains each exercise. Perform it as we suggest. Above all,

do not make the mistake of thinking that if you do double the amount of work during your training you will double your rate of development. By doing this you may well half all progress. In the business of musclebuilding, especially at the outset, you must always be careful not to overwork the body. As a beginner you should train only every other day—never every day. The muscles must be given a day's rest between workouts so that they can continue the building process—muscles build up only during periods of sleep or rest.

SLEEP AND RELAXATION...

You want big muscles? Then you must make sure that you get adequate rest and sleep. You can't expect to play tennis before you work out and go dancing afterwards AND gain substantial bodyweight. Your muscles just must have adequate time to recuperate and build extra power. Whenever you subject your muscles to HERCULES II exercises (or any other vigorous exercises for that matter) the muscle cells are 'broken down' by the repeated tension. This tissue breakdown is what eventually causes a muscle to tire after a certain amount of strenuous exercise. However, these cells must be given rest periods to enable them to rebuild and increase overall muscle size. You must grab periods of physical relaxation whenever you can if you want to make the very best progress in musclebuilding. This does not mean that you have to neglect your household duties or quit your job. We are simply suggesting that for optimum progress you do not indulge in extra physical recreation. Learn to conserve energy... Rest at all opportunities, especially after meals, if possible. The amount of sleep you need will naturally vary from individual to individual, but as a general rule a beginning bodybuilder should get at least eight hours sleep each night.

FOOD...

Nutrition is tremendously important... You are what you eat. Don't fill up on what could be termed 'foodless foods', i.e. colas, hot dogs, candies, white flour products, etc. Eat a balanced diet of vegetables, salads, potatoes, meat, fish, eggs, whole wheat bread, fruit and whole milk. If you are inclined to be fat in the first place, then reduce sugar, pastry, bread, potatoes, and substitute skimmed milk for whole milk.

However, if you are on the thin side then you must always bear in mind that your muscles cannot enlarge unless they have enough 'fuel' to enable this enlargement to take place. A secret that virtually all the professional bodybuilders use is to eat five small meals a day instead of three large ones. This serves a dual purpose:

1. It prevents the stomach from being over-stretched which can give you a bloated feeling.
2. It gives the body a more constant food supply since your muscles are being fed more regularly.

Always have a good hearty breakfast. An example would be: juice, cereal, bacon and eggs, toast and honey, and a beverage. Even people who wish to lose flab should have something for breakfast!

Now here is a suggested meal plan for the skinny fellow who wants to make the best possible musclebuilding progress:

BREAKFAST

Orange juice
Cereal and milk
Sausage, eggs, bacon
Slice toast, jam/honey
Glass milk.

MID-MORNING

Glass milk
Cheese or meat whole wheat bread sandwich

LUNCH

Salad (either chicken, tuna, salmon, sausage,
ham or beef). Milk

MID-AFTERNOON

Milk
Cheese, fish or meat sandwich

SUPPER (large meal)

Meat, potatoes, vegetables
Dessert
Beverage

BEFORE RETIRING TO BED

Glass milk.



Robert Hailon's body is a product of this course plus scientific nutritional intake. His body shows beautiful male proportions.

It should be mentioned that if ultimate progress is to be made in the musclebuilding process, then it is a good idea to mix a good protein powder in with your milk every time you take a glass. Your local health food store should be able to supply you with a good quality protein supplement. Among the best in our opinion are: Casilan, 90% protein; Weider Super-Pro 101; or Proma-Plus.

THE EXERCISES . . .

You may think that you have done most of the exercises we recommend in this course. You may well have. But you can be sure that you have never done them the HERCULES II way! There are thousands of different variations of training — We believe ours is the **very best!** Accordingly, we would ask you to perform the exercises exactly as we recommend. . . Do not add any of your own exercises. Do not miss out any of ours. Do follow our exercises, eating and resting principles completely, exactly as laid out, and you will reach the pinnacle of HERCULEAN SUCCESS in double-quick time. In this and succeeding lessons you will be told of many different secrets — techniques used exclusively by the world's champions of the Bodybuilding Mecca. The author of this course is a well known authority on all matters pertaining to the physical perfection through correct training methods. He is well known to the World's best built men. Have faith in this unique program and we will help you realize all the physical developments humanly possible.

WHEN TO TRAIN . . .

It doesn't matter too much what time of day you choose to train. Most successful bodybuilders seem to prefer to train about an hour before their evening meal. Others manage an afternoon or morning workout. Actually there are two times when you should **not** train:

1. As soon as you get up in the morning (the body has to get used to being awake. To suddenly throw yourself into a workout could be injurious.)
2. Immediately following a large meal. (The digestive system should be allowed at least 1½ hrs. to do its job uninterrupted.)

TRAIN THREE TIMES A WEEK . . .

Always beware of training too frequently — three times a week is enough. To do more may well result in staleness — an inability to improve muscle size. Always allow a complete day's rest between your workout sessions, i.e., train Mondays, Wednesdays, and Fridays; or Tuesdays, Thursdays and Saturdays. Try not to train on two consecutive days. Remember the muscle cells need time to replenish themselves and grow larger. Don't try and do too much!

REPETITIONS AND SETS . . .

The term repetition or "reps" is used to denote the number of times you perform a certain exercise. For example, if you perform a 'push-up' three times, you are performing '3 reps'; 6 times, '6 reps', and so on.

Generally speaking it is a good idea to perform at least ten "reps" in any exercise. Of course, as one improves in strength, the number of "reps" one does tends to increase . . . in some cases up to fifty or more.

The term "sets" denotes a series of "reps" you do without stopping. For example, if you perform a series of ten "reps" followed by a rest, this is called a "set". If you do three separate lots of ten "reps" in an exercise, it is known as three "sets" of ten "reps". Five "sets" of ten "reps" would be written 5×10 . Accordingly you will notice that the movements advocated are written in this manner. The amount of rest one should take between sets of an exercise should almost never exceed one minute. Generally speaking, you rest long enough for your breathing to return to normal and then perform your next set, and so on.

If we list a certain exercise to be performed 3 sets of 10 reps, then don't feel that you must do only the 10 reps we state. Many fellows are able to do more. If you are able to perform 15, 20, or even more reps, then by all means do so. It can do nothing but good. On the other hand, many fellows will find that they are not strong enough to perform the amount stipulated. The answer is to do as many as you can without undue strain. If you can't even do one repetition, then perform a partial rep. In time you will progress until you are able to perform the movements as recommended — and then some!

WHAT TO WEAR . . .

It all depends on where you train. The main point to keep in mind is that the body should always be warm. Don't train in just a swimsuit if you are in a draft or in a heavily air-conditioned room. Wear warm, loose-fitting clothing that enables you to perform the various exercises without in any way hindering your range of movement. Cold muscles do not respond well to exercise and can even be susceptible to minor sprains and muscle tears which could possibly result in lost training time. And subsequently lost muscle building progress.

DON'T MISS WORKOUTS . . .

Whereas on one hand we strongly recommend that you do not over-exercise (three times a week only), we are adamant in recommending that you do not miss any of your scheduled workouts. Of course if you feel sick, have a heavy headache, flu, or are just feeling too tired, then you may have to pass up your workout. To exercise strenuously under these conditions would be ridiculous. Beware, however, of missing a workout through laziness. You must learn to distinguish between genuine tiredness and downright laziness. Sometimes after a rough day at school or at work you feel "pooped" — you say to yourself that you'd rather have a meal and watch television — you lack enthusiasm. You are really not physically tired — you are probably just mentally "pooped". If this is the case then get up and train — just 15 minutes — and you'll be happy you did!

HYGIENE . . .

Always shower away the film of sweat from your body after a workout. This will help keep your skin from breaking out in pimples, etc. Likewise, sweat should not be allowed to collect at the roots of the hair on your head. Wash your hair thoroughly after heavy exercise. More about skin and hair care later in the course. Generally speaking, always strive to keep your entire body well bathed. Cleanliness is next to Godliness. Besides . . . you'll smell better!

HOW TO PERFORM THE EXERCISES . . .

Don't just look at the illustrations. Read the literature explaining how to perform each HERCULES II movement. You will then be 100% sure that you are performing the exercise in the correct manner. As a general rule, perform an exercise with a quick steady movement — no bouncing — just make sure that whatever you are doing, you do with an even, unstrained motion. A fast tempo is more beneficial than a slow one. However, when you first learn a new exercise you should perhaps perform it slowly until you are exactly sure how it is executed.

To repeat . . . This course consists of the most modern, non-apparatus Bodybuilding Principles known to man. You are going to develop the kind of body men respect and girls admire. You are going to be a somebody next season. Whether you go to the beach, lake, or local pool, you will be admired for the kind of red-blooded He-Man you are! Prepare yourself NOW to follow in the footsteps of the world's best built men. Prepare yourself NOW — FOR A NEW, EXCITING LIFE, FULL OF THE REWARDS OF PHYSICAL SUPERIORITY!



FOLLOWING ARE YOUR FIRST WEEK'S EXERCISES...

Perform them conscientiously three times a week with a rest day in between each workout session.

EXERCISE ONE:

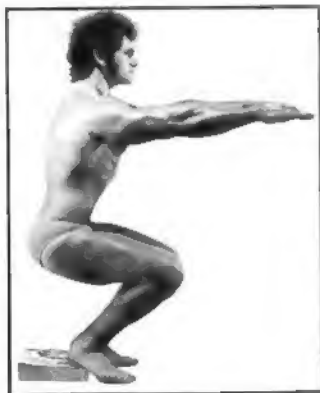
Jogging in Place

- body conditioner, warmer upper

Perform 5–8 minutes at the commencement of the exercise program. This stimulates the body metabolism and growing process of the physique. Additionally, it makes for increased cardiovascular efficiency [for example, a stronger and more efficient heart and lungs] — but more important to you, it warms up your body in preparation for the following purely **MUSCLE BUILDING MOVEMENTS**.

The exercise is a simple one. Simply run in place, lifting knees high with each movement. The higher you lift the knee, the more vigorous the exercise.

Alternatively, if you find that you are tiring too quickly, then simply make the movement less strenuous by reducing the height you lift each leg while jogging.



EXERCISE TWO:

The Squat

- thighs, calves, rib cage, lower back

1. Place a thick book on floor, under heels. Stand upright with arms out in front to help your balance.
2. Lower slowly into the squat position as illustrated until thighs are parallel with floor. Return to standing position and repeat.
3. Take care to breathe deeply during the movement, "In" on the way down, "Out" on the way up.

Perform 2 sets of 10–30 reps, depending on your strength.

EXERCISE THREE:

Hercules Floor Dip

• chest, shoulders, arms, triceps

1. Adopt position as illustrated. Fingers facing forward, hands a little wider than shoulder width apart, seat high in the air as illustrated in (c).
2. Lower into position and with 'bouncing' action, raise to original starting position.
3. Lower and repeat with a steady rhythm. The average fellow will be able to do about 8 reps. Perform 2 sets of 8-25 reps, depending on your present strength.

ILLUS. 4



EXERCISE FOUR:

Tiger Chair Pull-Up

• upper back, arms, biceps

1. You'll need a sturdy pole (metal preferably, unless you have a wooden pole that will not break under your bodyweight).
2. Adopt a 'hanging' position as shown in illus. (a). Make sure that the bar is set firmly before you commence the movement. Place a thick towel under the pole at each end.
3. Slowly 'curl' your arms until your chest all but touches the pole. (illus. (b)). Lower and repeat for as many repetitions as you can reasonably manage. Aim for 2 sets of 6-20 reps.

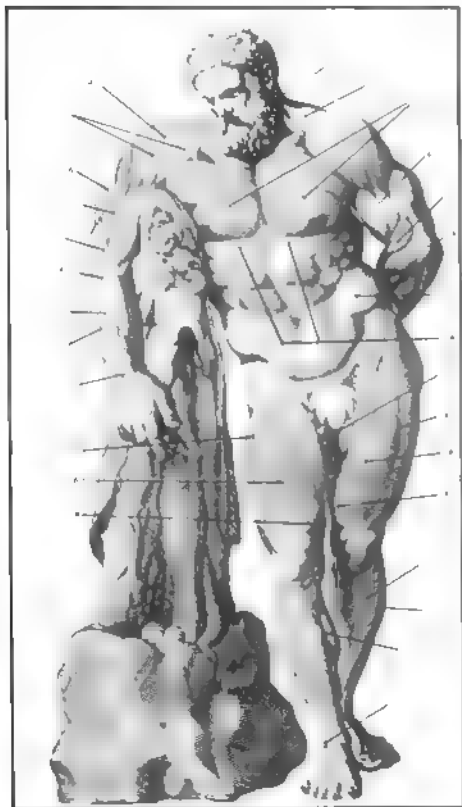


ILLUS. a



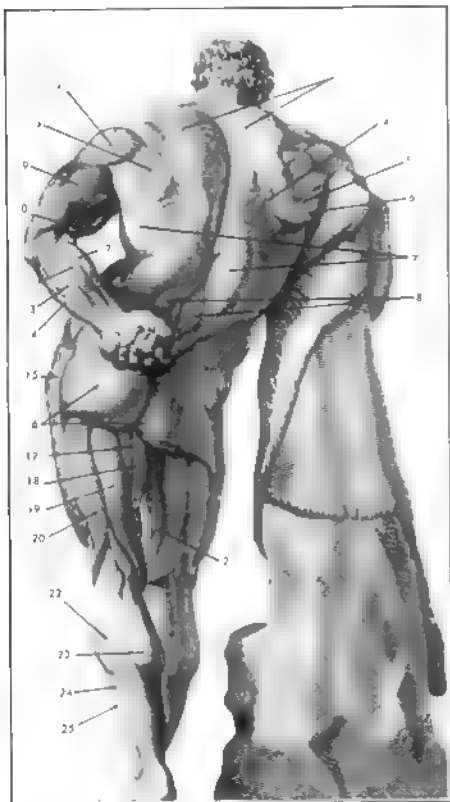
ILLUS. b

HERCULES MUSCLE CHART



NAME OF MUSCLE	ACTION OF MUSCLE	MOVEMENTS OF JOINTS INVOLVED	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	Draws head backward and up either side	Neck, shoulders, elbows, wrists	Shrugging motion, teeth ching, neck work at firing shoulder dials and overhead handbalancing, wrestling and gymnastics
2. STERNOCLEIDOMASTOID	Flexes neck, turns head, raises head	Neck, shoulders, elbows, wrists, elbows, wrists	Forward laddering, pushing on forehead and tilting with head. All tilting involving the trapezius also activates this muscle.
3. DELT. ID	Anterior flexion	Shoulder, elbow, wrist	Wrestling, boxing and supporting weight on head
4. LATERAL ANTERIOR	Extension, abduction	Shoulder, elbow, wrist	Single and two hand curling, reverse curling, chinning, all lifts, the shoulders, especially clearing, also all types of lowering, all machine work (top climbing, gymnastics, wrestling, etc.)
5. TRICEPS (OUTER HEAD)	Extension, flexion	Shoulder, elbow, wrist	Pressing in various forms, standing, sitting, lying, etc. All extension movements, short, all overhead lifting and supporting, all straight arm work (handbalancing, gymnastics, etc.)
6. BRACHIORADIALIS	Flexion, extension	Shoulder, elbow, wrist	Most of the exercises listed in No. 4 also development of this muscle
7. RADIALIS LONGUS	Extension, flexion, adduction, abduction	Shoulder, elbow, wrist	Using thick handled weights, pinching, gripping, clearing weights to shoulders, finger stunts, spikes and ball landing, etc.
8. RADIALIS BREVIS	Flexion, extension, adduction	Shoulder, elbow, wrist	All heavy supports, especially those held on hands, support of and motion of quills and supports, wrist curls, wrist wrestling, etc.
9. EXTENSOR DIGITORUM COMMUNIS	Extension, flexion	Shoulder, elbow, wrist	All supine decline and end up pressing, lying latissimus pull-down
10. LIGAMENT OF WRIST	Supination, pronation, extension, flexion	Wrist, elbow, shoulder	Side bends, twisting movements, rotating torso while sitting and legs remain stationary. Set-up, all single overhead lifting, especially side and bent presses, single leg raise while standing, wrist ring, tennis, bowling, etc.
11. PECTORALS	Flexion, extension, adduction, abduction	Shoulder, elbow, wrist	All types of set-ups, on floor, lined board and Roman chair. All forms of leg raises in lying position and between parallel bars or hanging from chinning bar. All frog kick, knee-plait, etc.
12. EXTERNAL OBLIQUE	Flexion, extension, adduction, abduction	Shoulder, elbow, wrist	Raising leg upward while lying on side, holding knees together with hands then forcing knees apart. Most exercises that sit on the floor.
13. RECTUS ABDOMINIS	Flexion, extension, adduction, abduction	Shoulder, elbow, wrist	Squinting, diving, sprinting, cycling, etc.
14. TENSOR FASCIAE LATAE	Extension, flexion, adduction, abduction	Shoulder, elbow, wrist	Wide stance squats, placing legs "outside" of knees, legs and turning, legs together, full or partial side and arm swing for "buckle up" Acrobatic and ballet dancing. In wrestling, this is a vital rule. Lying on back and spreading legs apart and bringing them together again. A rubber cable attached to ankles and moving it.
15. RECTUS FEMORIS	Extension, flexion, adduction, abduction	Shoulder, elbow, wrist	Most of the exercises recommended and suggested in No. 10.
16. ADDUCTOR LONGUS	Adduction, rotation	Shoulder, elbow, wrist	Same as above mentioned above.
17. VASTUS EXTERNUS	Extension, flexion	Shoulder, elbow, wrist	Squats, raising toes, rotating the ankle, calf exercises, sprinting, mountain climbing, etc.
18. VASTUS INTERNUS	Extension, flexion	Shoulder, elbow, wrist	All exercises mentioned and suggested in No. 10.
19. TIBIAL ANTICUS	Flexion, extension, adduction, abduction	Shoulder, elbow, wrist	Raising and walking around on tiptoes, all form of calf work, a leg press machine and many other movements. Sit up would be various form of squats and knee bending, sitting and standing, broad jumping, tap and ball, dancing, calf apparatus work, stair climbing, dipping one or two steps in the process, springing and running, etc.
20. PERONEUS LONGUS	Extension, abduction and eversion of foot	Shoulder, elbow, wrist	All exercises that work the shin and calf muscles in the lower
21. GASTROCNEMIUS	Extension, flexion, adduction, abduction	Shoulder, elbow, wrist	
22. LIGAMENT OF ANKLE	Flexion, extension, adduction, abduction	Shoulder, elbow, wrist	

HERCULES MUSCLE CHART



NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	<p>1. Neck back, up, down, side</p> <p>2. Neck side, up, down, back</p> <p>3. Neck up, down, side, back</p> <p>4. Neck side, up, down, back</p>	<p>Stringing motion, tooth string, back work, all lifting in shoulders and overhead.</p> <p>Handbalancing, wrestling and gymnastics.</p>
2. POSTERIOR DELTOID	<p>1. Arm up, back, side, down, back</p> <p>2. Arm up, back, side, down, back</p>	<p>All lowering types of exercises, lateral raise while bending over, dips, expander movements, etc.</p>
3. INFRASPINATUS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
4. RHOMBOIDS	<p>1. Neck side, up, down, back</p>	<p>Push-ups with weights, upright, and all tricing exercises, most exercises done in lying position, bent over laterals, pull-downs.</p>
5. TERES MINOR	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
6. TERES MAJOR	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
7. LATISSIMUS DORSI	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
8. ERECTOR SPINAE	<p>1. Neck side, up, down, back</p>	<p>Same as 2.</p>
9. TRICEPS LONG HEAD	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
10. TRICEPS INNER HEAD	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
11. EXTENSOR CARPI RADIALIS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
12. ABductor DORSI	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
13. PALMARIS LONGUS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
14. FLEXOR ANULUS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
15. TENSOR FASCIA LATA	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
16. GLUTEUS MAXIMUS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
17. ADDUCTOR MAGNUS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
18. GRACILIS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
19. SEMITENDINOSUS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
20. PERONEUS LONGUS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
21. PERONEUS BREVIS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
22. GASTROCNEMIUS OLTER HEAD	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
23. INNER HEAD	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
24. SOLEUS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>
25. PERONEUS LONGUS	<p>1. Arm up, back, side, down, back</p>	<p>Same as 2.</p>

HERCULES II

(Apollo - Power - One)



lesson **2**

LESSON TWO

This is your second week of our foundation course. This week you will continue your exercise as you did in week 1, but with extra exercises—added at the end of each session.

Remember the first week gave you a good foundation for what is to follow. So remember that the **Three E RULES** of our program is designed to coax you, gently, into the best state of fitness possible. Keep in mind that you are following the most advanced and scientific bodybuilding program available. You will be shown some minor improvement almost every day. But your **Three E RULES** if 90-day plan. But remember our 3 point program.

1. You must follow the exercise program exactly as told in our exercise program. No shortcuts.
2. You must get adequate sleep and relaxation each and every day.
3. You must eat well and often, drink plenty of water if you are moderate. Please do not skip meals. Eat these meals: 3 meals a day, breakfast, lunch, and dinner. No snacking.

If you choose to ignore any of these points then you will be doing less than you first thought your physical appearance is. Several conditions exist that you can do away with and you can enjoy your program. Take stock in yourself—how are you going to give your muscles a chance to improve on what?

Did you notice your muscles aching after your first few workouts? This is quite normal. It is not your fault. It might make you feel a little uncomfortable at first, but it is only a sign that your muscles are reacting to the HFC 215 plan. Ever so this muscle soreness will subside after a few workout sessions. Keep at your training regularly and you will never experience this soreness again. Naturally, if you fail to take a day off in some length, then when you resume working out you will notice a more severe muscle ache again. But here again as you get back to your workouts you will not ache any more.

CONCENTRATION AND INSPIRATION

We have mentioned concentration before but it merits being explained a little more clearly since it is of prime importance to you as an aspiring bodybuilder. When you perform any of the HERCULES exercises you should always keep your mind on the exercise's movement while you are performing. Concentrate on what you are doing. Watch those arms, legs as you press and thrust. See your thighs swell as you squat and crouch. Don't exercise while watching T.V. Certainly, a strong flavor of healthiness is fitting an exercise. You will still find enjoyment in what you are doing. Concentrate on improving your performance each workout. For example, if you can't manage 100 reps at a particular exercise one workout, try that 100 reps next day after an exercise during the next workout session. You will only manage this sort of achievement if you concentrate fully each time you workout. A gradual muscle growth is only achieved when you force the muscle to expand and make the fiber denser. If you do this. Theoretically speaking, every time you manage to improve your "reps" at any movement, your muscles will increase in size to accommodate this extra demand. So concentrate more for bigger muscles.

Now you concentrate on this exercise. If you are fully engaged in exercise you already know that it gives you a lot of energy and confidence. If less you are only half as satisfied with what you are doing. If you are not excited by your workout, you will not do it. You will not exercise enough. Looking at it that way, I will be happy to hear what you think is more or less so? Your whole body responds and if that's all that's there you will workout like a machine to build a new body. You know the feeling. You are looking this body for the first time and this is important. Now, now you need to get rid of all the negative attitude in your life. Be positive. Check some of the things that are bothering you. Find out what it is and fix it. Thank to you and. This is now a challenge.

Improve yourself, build a strong muscular structure, the golden rule of some friendly back. Imagine the arms reaching to your powerful handsome physique. Let the words always keep a mental image of the kind of body you are striving to construct. Tell yourself you **WILL SUCCEED**. Determine now to finish any workouts. Determine now that you will keep up your enthusiasm and success is yours. Determine now to remain inspired!

Step Two

Special Vitamins and Minerals for Skin

Vitamin A is an essential vitamin for skin health. A high vitamin A intake is especially good for dry skin. Lack of vitamin A almost always helps create acne. Vitamins A, C, D, K, E and calcium are also needed for healthy, smooth skin with a natural elasticity. Cold liver oil is best at this, but not only polyunsaturates help skin health. Vitamin A is also found in You can get your normal requirement by taking one ounce (two tablespoons) of vegetable oil. Vitamin K is found in dairy products, vegetables, especially leafy greens. It is the best source of vitamin E.

B-vitamins are special for skin health. They all help in keeping skin healthy and in clearing up acne. B-vitamins are found in whole grains, especially wheat germ, brewer's yeast, and in eggs. B-vitamins are vitamins that water-soluble vitamins. They are not stored in the body, so you must get them every day. B-vitamins are found in many foods, including whole grains, eggs, and dairy products. B-vitamins are also found in many supplements. B-vitamins are important for skin health, and they help in keeping skin healthy and in clearing up acne. B-vitamins are found in many foods, including whole grains, eggs, and dairy products. B-vitamins are also found in many supplements.

Dry Skin

For skin surgery, particularly around the eyes. Dr. C. J. Silver, expert in this and hence very wise, scrubs with a mixture of 25,000 units of vitamin A after each wash each morning. He gets better with a short time. Use a very mild soap and use creams to protect the skin from the cold and the wind.

Drugs

All drugs including analgesics, headache mixers, antibiotics, tranquilizers and diuretics can sometimes cause drug rashes.

Step Three

Special Treatments

Pimples. These are caused by dry skin. As soon as you notice the start of a pimple, apply a hot compress. Within 24 hours, the pimple will be gone. The infection and inflammation will be gone with the dry skin. Never squeeze a pimple which is above the level of the upper lip. This is very dangerous because it can get into the blood stream and cause a serious infection. Always apply hot compresses until it comes to a head and then squeeze it out. Do not squeeze it out. Then, it will disappear. Do not squeeze it out. Then, it will disappear. Do not squeeze it out. Then, it will disappear.

Bumps. Apply a hot compress of water to the bump for one or two days. If the bump is on the face, it will disappear. Within 40 days, the swelling disappears and the bump is gone. No surgical drainage is needed.

Step Six

Protection of Natural Oils

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 839. 840.

the next time to dry out, I am hardier now.

Step Seven

Warry

[illegible]

Step Eight

Facial Serum

treemen). Here's what to do:

clear and smooth

Step Nine

Fresh Air

A ray really skinned, exposed to clean, fresh air. Let it walk in the fresh air, taking long, long, long—breaths if necessary—of the skin. A barbing, even though the sky is overcast, can give a thoroughly beneficial

Step Ten

Rest

The highest score is important. Make sure you get sufficient sleep (at least 8 hours) the night before you take the test. Remember that you are not alone. Your friends and family are also taking the test.

Step Eleven

Smoking

If you smoke, you should definitely take drastic action to stop. People who smoke heavily and over a long period of time are at much greater risk of developing skin cancer. I should smoke cigarettes over 200 a day and whilst pass through the worst of them. You can never have the chance of making your skin look its best if you continue to smoke. It just isn't possible for your skin to have a truly healthy glow if you smoke. All ways will be that much better if you continue to smoke. Sometimes the skin is unpleasant to look at. Some people are realizing this. Take initiatives to make it difficult to improve the condition of the skin. Luxur is not solve skin problems. Luxur is not be dangerous. If you are taking the time to think about skin. One of the best ways to deal with skin is to use the right products. If you are taking the time to think about skin.

HOW TO IMPROVE YOUR SKILL AT WRIST WRESTLING

Ever wished you had the job of a beat every body at the same year of work without any harm to the you have earned later in HERCULES? Of course you will believe you would have done it at work without any harm. But let it be better than average easy not to go on enough for you. You will find the best of the way to go on in the book.

Practice this technique with your partner. Remember to use both hands.

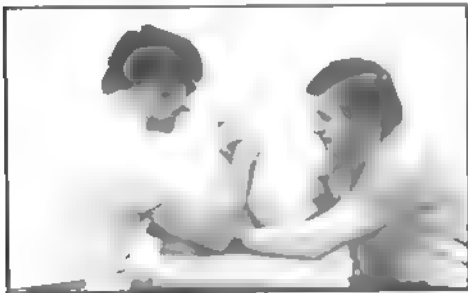
Practice this technique with your partner. Remember to use both hands.

3. Practice this technique with your partner. Remember to use both hands.

4. West wrestling is not just a matter of strength. There is a lot of technique involved in the correct form and performance of this thousand-year-old sport.

Remember

is that you are using the same with your free hand.



The trick in winning at west wrestling is to simply try to twist your opponent's palm to face you. By

the way you use your hands, you can win the match. Remember to use both hands.

Remember too

BODYBUILDING QUESTIONS

By far, the most common question we are asked is:

■ "How can I gain weight quickly?"

Our answer may seem somewhat cliché, but nevertheless, it never fails: eat more! As the saying goes, "if you eat more, you will grow." In answer to this most asked question, is: **Consume 100-150g of protein B-9** on a daily basis. We will answer back: **But I eat like a horse now.**

Or, they say, **eat more.** What may you think you're eating? You probably eat a lot of low

fat, low carb, low protein foods. We think you're probably eating a lot of low fat, low carb, low protein foods. We think you're probably eating a lot of low fat, low carb, low protein foods. We think you're probably eating a lot of low fat, low carb, low protein foods.

It's not just the food you are eating, but the way you are eating it. If you are eating a lot of low fat, low carb, low protein foods, you are probably eating a lot of low fat, low carb, low protein foods. We think you're probably eating a lot of low fat, low carb, low protein foods. We think you're probably eating a lot of low fat, low carb, low protein foods.

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Are you a regular on the gym floor? If you are, you are probably eating a lot of low fat, low carb, low protein foods. We think you're probably eating a lot of low fat, low carb, low protein foods. We think you're probably eating a lot of low fat, low carb, low protein foods. We think you're probably eating a lot of low fat, low carb, low protein foods.

Here are a few examples of champion physiques and the diets that built them:

Vic Downs, World's Most Muscular Man 1967

When Vic was young, he didn't eat a lot of food. He ate several cans of food a day, but he didn't eat a lot of food. He ate several cans of food a day, but he didn't eat a lot of food. He ate several cans of food a day, but he didn't eat a lot of food. He ate several cans of food a day, but he didn't eat a lot of food.

Bruce Randall, Mr. Universe 1959

When Bruce was building, he broke strength records. He ate a dozen steaks a day, but he didn't eat a lot of food. He ate a dozen steaks a day, but he didn't eat a lot of food. He ate a dozen steaks a day, but he didn't eat a lot of food. He ate a dozen steaks a day, but he didn't eat a lot of food.

Paul Anderson Wins Strongest Man

was aside from his regular meals.

Now we are faced by the dilemma that there may well be a significant effect of the independent variable on the dependent variable, but we cannot be sure. To express a point, multiple comparisons. However, it is not a good idea to

If you want to gain weight, then not serious about it.

(b) $W = \{x \in \mathbb{R}^n : x_1 = x_2 = \dots = x_n\}$ is a subspace of \mathbb{R}^n . $\dim W = 1$. A basis for W is $\{e_1\}$.

2. Put an "I" up at the end of each paragraph. You've said "I" a lot. We do it to the sky. "I wish sky was cat" is to get a weight to use. I hope you. There's a other way. Exercise, nutrition and relaxation.

ronically, the second most common question we get asked is

- "How can I lose weight quickly?"

The person we takes this is usually somewhat flaccid, round, no waist and is unwholesome again if
 without keenness. Others are downright lean and flat, but are not unwholesome. Again the swe-
 shish O is a hardly plane, and a mark of an "overweight" body, with out a few some. So, it
 does not mean anything, yet really the facts are basically well indicated. Can you see a bit in-
 tastic, secrets about the business of losing weight?

LOSING WEIGHT IS A MATTER OF GRADUALLY REDUCING CALORIES THAT'S BEST DONE BY EATING MORE FOODS WITH HIGH CALORIE CONTENT WHILE AT THE SAME TIME MAKING SURE THEY CONTAIN ENOUGH VITAMINS, MINERALS AND PROTEINS TO STAY HEALTHY.

1. You are allowed to use your book with you - but not the calculator - during the final.
2. From a system containing all sugar-sweetened beverages, only 5% of total added sugars come from cereals.
3. Even if you are not a high sugar consumer, eating cereal every day might benefit you and help lower your risk.
4. Exercise is important.
 - a. It helps draw out extra fats that come from eating high-calorie foods that are not taken up.
 - b. It helps build energy which dieting alone does not give.

Fabulous Hercules Wall Push

1. Move your feet back until most of your body weight is taken by your arms. Now press your body away from the wall by straightening the arms. Immediately return to the starting position. Repeat 10 times without sudden strain. Do not rest more than 30 seconds.



As we mentioned at the beginning of this second lesson, you will do the same exercises as last week (lesson one) plus two extra exercises.

The two new exercises this week are:

Chair Triceps Pushup

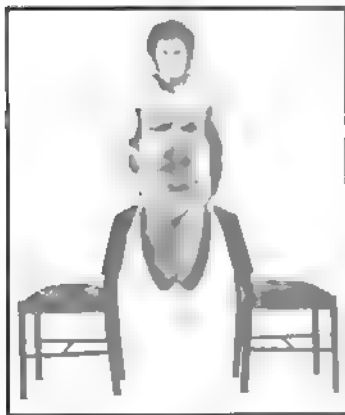
2 x 10

illus. (a)

Adopt the position as shown in the illustration: hands about five inches apart. Keeping your elbows 'in' to your waist, lower the body up and down in a steady rhythm, allowing the chest to touch your hands on the bench or chair.



ILLUS. (a)



ILLUS. (b)

Chair Shrugs

2 x 20

illus. (b)

Adopt the position as illustrated. Keeping your arms absolutely straight ALL the time, raise and lower your entire body by shrugging your shoulders. Aim to touch the shoulders to your ears each repetition.



1. Urdhva Dhanurasana



2. Virabhadrasana II



3. Virabhadrasana I



4. Virabhadrasana III



5. Virabhadrasana II



6. Virabhadrasana I



7. Virabhadrasana III

This concludes your basic two week foundation course. Next week you will receive Lesson 3.

You will find that in this next lesson you are taken a step further into your bodybuilding advancement. Plus we are going to give you the super secrets on how to gain MUSCLE BULK! Yes, you will not let it on the sites, discover how you can increase your bodyweight in the fastest possible way. In addition we cover the simple steps you can take to learn how to do a simple handstand. In the advanced section showing how you may accomplish the impressive one handed handstand.

See you next week!



HERCULES II

(Apollo - Power - One)



lesson **3**

LESSON THREE

Back again Are you ready to go?

We assume that you have been doing the recommended foundation course during the last two weeks

Remember the three point plan

- 1 Get sufficient food
- 2 Exercise hard
- 3 Get sufficient sleep and relaxation

Now it's time to work on the following intermediate programs. These are designed to be done every day. They are going to work for you. Imagine. Try them and see the change in your body and mind.

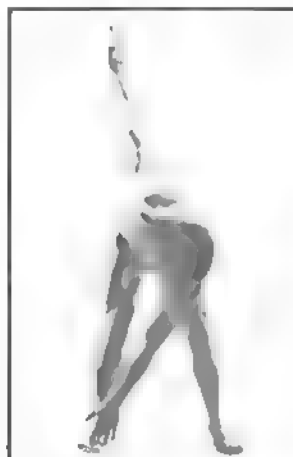
EXERCISE ONE

Windmill Toe Touching

• overall body warmer upper

Start in the standing position with your feet together and your arms at your sides. Breathe in and raise your arms straight up over your head. Breathe out and touch your toes with your hands. Breathe in and raise your arms straight up over your head. Breathe out and touch your toes with your hands. Repeat this sequence ten times.

ILLUSTRATION



EXERCISE TWO

Jackknife Deltoid Dip

- 10-15 reps

Assume a position as shown in illustration 1.

1.  2. 

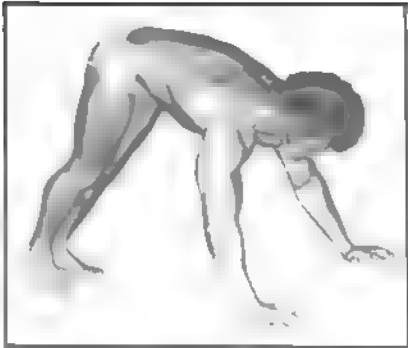
Then, proceed to lower your head to the floor.

The main tension in the shoulder region rather

than the chest.

Complete 3 sets of at least ten repetitions.

Progression:



EXERCISE THREE

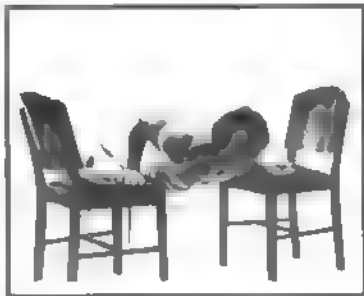
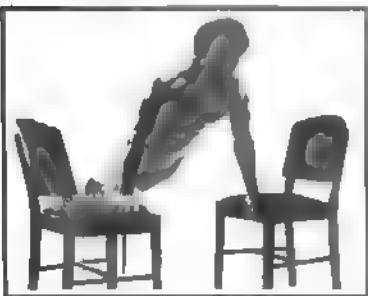
Wide Grip Chair Pushups

- 10

This exercise is specifically designed to strengthen the chest muscles.

1. Place hands, fingers facing straight ahead, on two chairs (illustration 1).
2. Lower body by bending arms until your chest just will not go any farther. Maintain a steady up/down movement without pausing for rest.

Try 3 sets of 8 reps. If you can manage more do.



EXERCISE FOUR

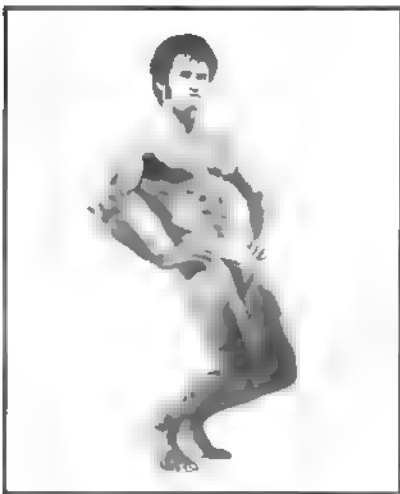
Sissy Squats

■ thighs and calves

- 1 Make sure that the body leans back while the hips and thighs are kept forward
- 2 Keep feet at or 12" apart, hands outstretched in front of on tips to help your balance
- 3 Slowly lower body by squatting down, but maintain torso straight throughout the exercise
- 4 Raise and lower in rhythm. Caution against lowering steps has been completed.

Perform 3 sets of 18 or more reps

LEGS (c)



EXERCISE FIVE

Hercules Chair Dips

• arms, chest, shoulders, neck 3 x 5

1. As illustrated, as shown in the first illustration. Make sure that your shoulders are directly over your hands. As you lower your body, your arms should be straight. Feel more comfortable when you can lower your body one hand at a time.
2. Lower slowly to the position of 1 and raise again. Allow the body to rest about 10 seconds before repeating the exercise.
3. Continue to alternate between the two positions as you change your body position. Make sure you are in a safe position before you begin. You may be able to do this exercise on your present condition.

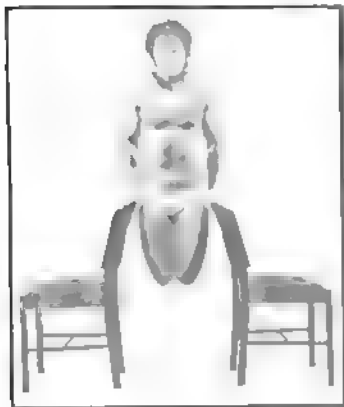


ILLUSTRATION 1

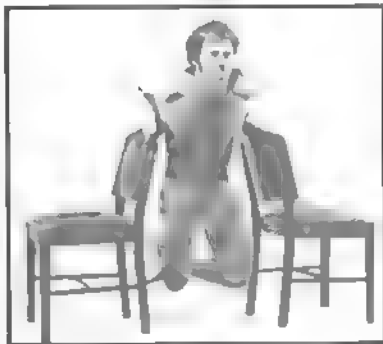


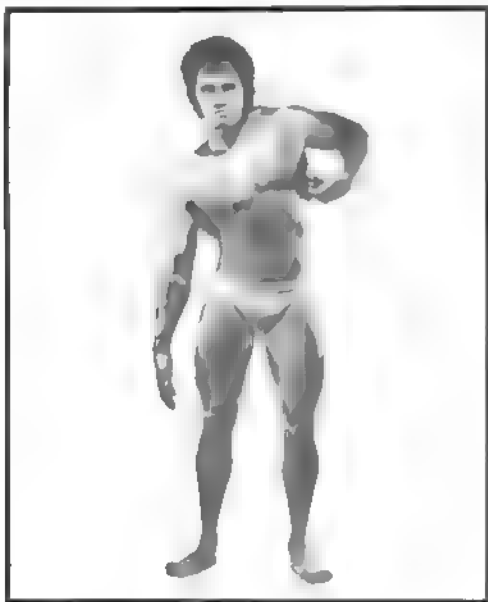
ILLUSTRATION 2

EXERCISE SIX

Side Bends

• midsection 3 x 50

1. Stand upright as illustrated, feet 20 inches apart. Keeping your back straight, bend the trunk from side to side.
2. Effort your trunk as far as you are able to each side. Aim for 3 sets of 50 reps.



This concludes your workout for Lesson Three. Always work hard and follow the exercises as outlined.

As we progress, strive to get a little bigger and increase your maximum muscle density.

MUSCLE BULK

You may or may not be able to 2x your muscle mass in 12 weeks. If you are not able to, don't worry. You will still have gained the correct amount of solid muscle.

1. Perform your exercises with a steady rhythm.

5. Increase your protein intake to 1.5g per lb of body weight.
1. Eat a little less.

Preparing your body for vigorous workouts in advance.

6. Follow the bulk gaining diets we recommend.

body training on your

8. Sleep at least 8 hours each night.
 9. Don't drink, smoke or dissipate.
 10. Learn to relax (put your feet up) when not training.
 11. Never let the body go without some nourishment. Food or drink every two hours. Except at night time when you are sleeping.
 2. Weigh yourself every 2 weeks.
- MORE

Here is a sample muscle building diet:

BREAKFAST

- 1 glass milk
- 1 bowl of cereal or eggs & bacon
- 2 slices toast with butter and jelly or honey.

LUNCH

- 1 glass milk
- 1 bowl
- 2 slices toast with peanut butter or sandwich

SUPPER

- 1 glass milk
- 1 bowl of cereal or eggs & bacon
- 2 slices toast with

1

peanut butter, cheese, fish, or meat sandwiches

AFTERNOON SNACK

- 1 glass milk
- 1 bowl of cereal

SNACK BEFORE BED

- 1 glass milk
- 1 bowl of cereal

Don't forget to drink plenty of water. 8-10 glasses a day. If you are not able to, don't worry. You will still have gained the correct amount of solid muscle.

Illustration 2 (the splayed hand)



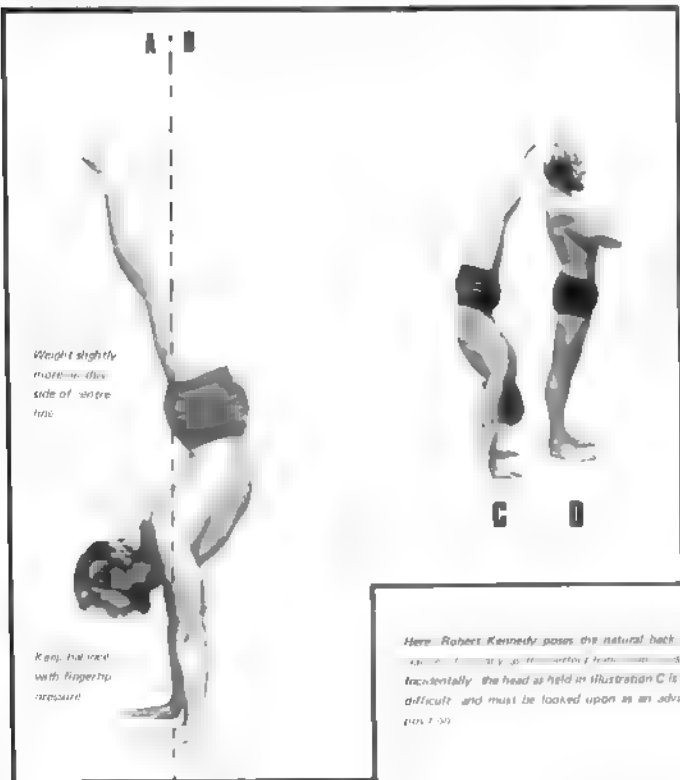
This exercise should be done slowly, holding the position for as long as possible, for a few minutes each day. Special care must be paid to the heel position which should be low and a wrist stretch to the neck to its limit.

Another good exercise to increase wrist flexibility and strength is one which can be done at all times during the day. It is simply that of clenching and unclenching the fists. This can be done with or without anything in the hands, or if preferred, a soft rubber ball can be used.

As this initial week of your first exercise progresses, you should begin to feel the results of your crouch balance movements. Your arms will gain strength and you will slowly find that you can maintain the balance position for longer periods without undue strain.

STEP SIX

You will notice that in Illustration 4 a dotted line has been drawn approximately through the centre of the figure. This line represents the centre of gravity mentioned earlier. The centre of gravity is a rough theoretical concept, but becomes a very realistic one in practice, and study of our diagram should help you discover an approximate position. Its purpose here is to show you that when in perfect balance the amount of weight on each side of the line is equal almost, but not quite. There is slightly more bodyweight on the A side than on the B side. This is the overbalance position that was mentioned by today the only way that the feet of A will be pressed on the fingertips must be great enough to prevent it from happening. You can maintain the balance rate with little or no use of the fingertips. This is why that you should set you self. Practice does indeed make perfect and a short time spent carefully will in fact bring a remarkable improvement.



Elementary balance must be practised until such time as you can keep the body from shoulders to feet rigid. Once you can do this, the amount of muscular effort required to hold balance is greatly reduced. Reaching the point where you can concentrate entirely on fingertip pressure should be your next goal and all practice should be to this end.

To sum up what we have just learned

The body is kept in a state of balance by means of the overbalance being kept in check by fingertip pressure. Underbalance is corrected by bending the elbows and strengthening them to regain the proper position. Always avoid walking forward on the hands, except in emergencies. For apart from being an iron heel, ultimately gets the would-be balancer into bad habits which are later hard to correct. Remember practice makes perfect; a bad habit practiced enough would make that error perfect. That is why it is so important to practice whatever you do correctly from the very beginning. Control your enthusiasm to progress as fast as possible, but heed in mind what has been said. Forcing the pace can lead to bad balancing habits and even failure. This is why so much time has been taken over the elementary stages of handbalancing.

STEP SEVEN

Variety

You are now in a position to bring a little variety into your balancing practice. Don't be afraid of breaking your feet apart and trying your handstanes on firmer ground if a soft rug is handy. Obviously, the harder the surface, the better, but if you are very poor because of its softness, in strengthening the fingers and aiding your progress to the perfect handstand.

STEP EIGHT

The Perfect Handstand

Just what does the perfect handstand look like? It would seem that each of the many expert handbalancers hold a different opinion on this. Some insist that it is only perfect when the spinal back arch is the imprint of back to how a person would have standing erect is shown in the handstand position. See Figure 4-5. Others prefer a very deep arch on the claim that it looks more graceful. General consensus of opinion is that the former, with the normal arch and more erect position, is more desirable and accepted as the most perfect stance of the two. It is toward this position that we suggest you plan your practice.

STEP NINE

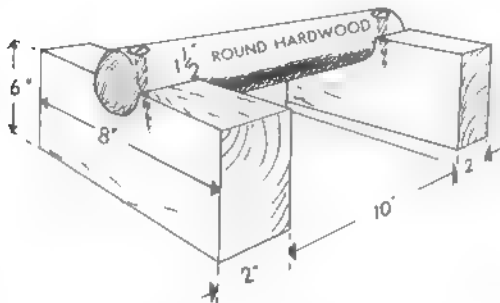
The handstand press-up

Once you have learned the kick up handstand and have mastered fairly well the handstand press up is your next objective. First you are to achieve the handstand on the hands and you will start exercises for steady more strength and control. The handstand press up is performed in the following way. Again, the wall and go to the handstand wall handstand and don't forget that exercise is done in the handstand position. After the handstand is achieved, slowly bring your arms and follow your head to sink onto the floor. This movement is not a full back. The next stage, just people find it difficult to get on your feet from your arms in the handstand position. If you find that it is not too difficult, try 20 handstand press ups in 5 to 20 seconds. They must be necessary be performed at one time. The next step is to do a handstand press up from the floor. In a proper form it is kept a straight body, new strength is gained steadily and you begin to achieve success in the next step.

Floor Parallel Bars

Many people learn to lose balance from that they can more easily lose this skill by reaction from the start or who is generally weaker as the floor parallel bars. We are going to show these bars to be made from using the minimum amount of material and thus keeping you costs low. See illustration 6.

Illustration 6 (how to construct floor parallel bars)



MAKE TWO OF THE ABOVE FLOOR PARALLEL BARS.

[illegible]

STEP TEN

Learning the one handed handstand

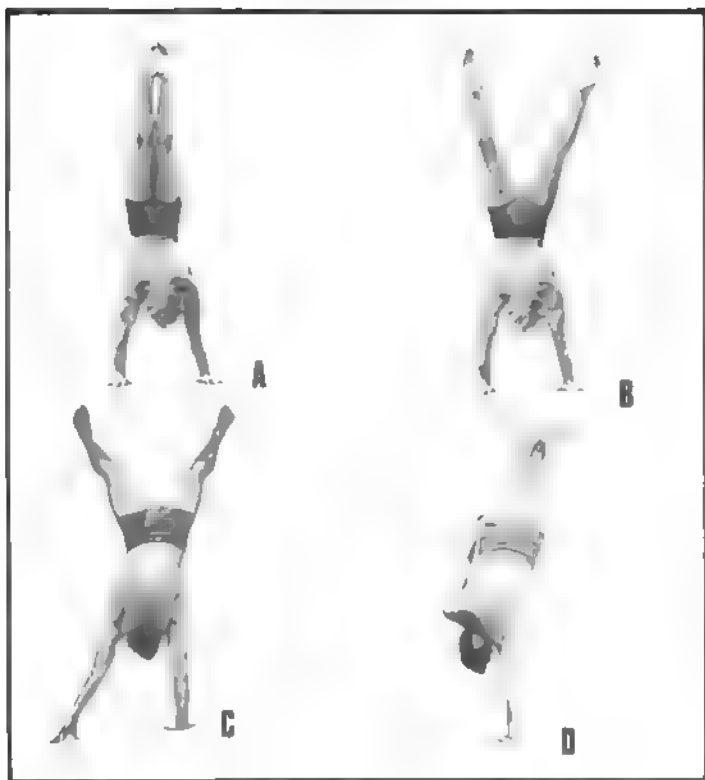
Obtaining the ultimate

Once you have accepted the ability to kick up into a two hand handstand and are not very nervous about it, then it is time you begin to work on being your own support. It is very important that you do not think that you can do this in 100 hours. It is a very long time to learn a skill that is not only physically demanding but also mentally demanding. You must be able to control your body and your mind. It is not a simple task and it is not a quick one. It is a skill that is learned by a few people and when you can do it, you will be one of the chosen few.

The accepted method of learning the one hand handstand is to go onto your back with your legs straight and your arms straight. You then slowly move your body up until you are in a handstand position. This is a very difficult task and it is not a quick one. It is a skill that is learned by a few people and when you can do it, you will be one of the chosen few. It is a skill that is learned by a few people and when you can do it, you will be one of the chosen few.

1. The first step is to get into a handstand position. This is a very difficult task and it is not a quick one. It is a skill that is learned by a few people and when you can do it, you will be one of the chosen few. It is a skill that is learned by a few people and when you can do it, you will be one of the chosen few.

Illustration 7 (the final steps)





Keep up your enthusiasm, you have no doubt noticed a difference in your physique. You feel better. Right? Train hard this week. The next lesson is the beginning of a new phase, designed to give you utmost strength, fitness and muscle. You will be trained in advanced moves for your defence, to ensure your personal safety at all times.

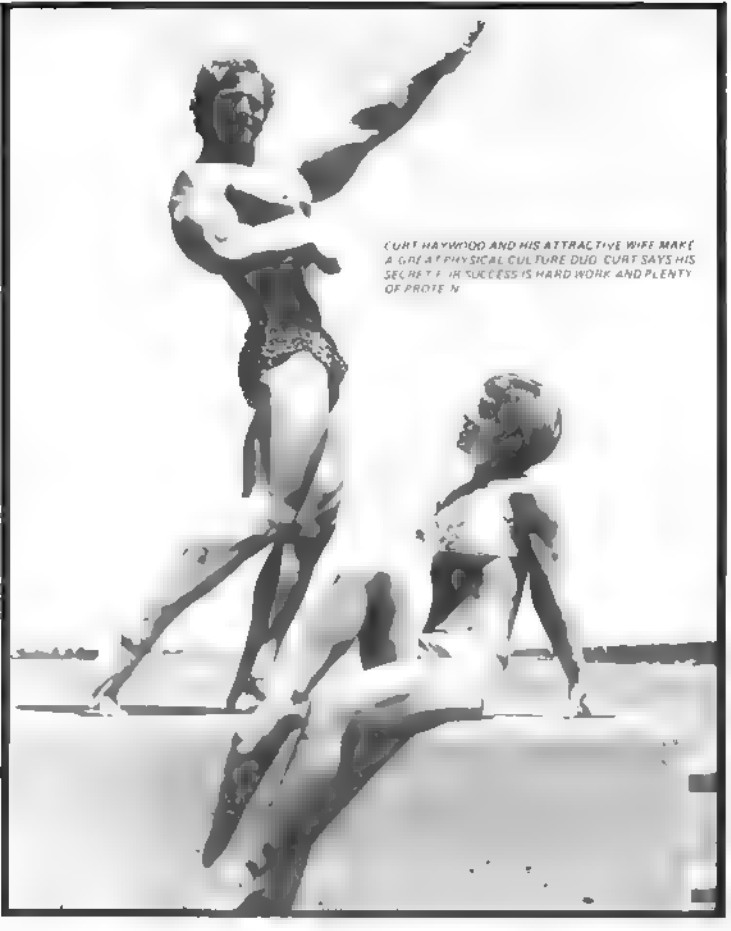
Meanwhile, train diligently and watch those muscles bulge. (continued)

HERCULES II

(Apollo - Power - One)



lesson **4**



CURT HAYWOOD AND HIS ATTRACTIVE WIFE MAKE
A GREAT PHYSICAL CULTURE DUO. CURT SAYS HIS
SECRET TO SUCCESS IS HARD WORK AND PLENTY
OF PROTEIN.



MR. NERE FRANZONI, A THE IDEAL
PROFESSIONAL, IS A HIGH FIGHT
PHYSIQUE WITH SUPERB PROPORTIONS AND
OUTSTANDING MUSCLE DEFINITION.

LESSON FOUR

1. This lesson gives you **TWO** of the same exercises scheduled as you did last week, but you will attend to them **TWO** times this week. You will also be given **two** new exercises to do each day.

Here are your two new exercises:

EXERCISE SEVEN

Doorway Pulls

2 x 8

This exercise is designed to help you stretch your back muscles.

1. The usual way to do this is to hold on to the inner handles of a sturdy door as illustrated (a).
2. The art is to pull on the handles so that you stretch the lat muscles (that is, the muscles of the back).
3. Bend your knees, keep your back and arms straight, and pull on the handles to release the tension in your back muscles (lats). The overall effect of this special movement is to develop the "J" shape of the back. Perform 2 sets of 8 pulls.



ILLUS (a)



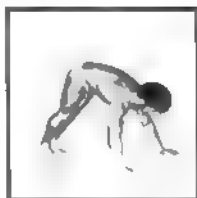
ILLUS (b)

EXERCISE EIGHT

Seated Alternate Leg Kicks

2 x 15

Keeping your legs straight, raise each foot as high as you can (illus. b). While supporting yourself as illustrated on a bench or chair, try and kick each leg higher during each repetition. 2 sets, 15 reps.



4



5

6

It's the only place to find out more about your personal risk. Also, you will be able to save your information for up to 14 days. Please don't miss this opportunity.

As we move onto our lesson we are going to give you some tips on five killer karate blows for your defence

[illegible]

What is Dying Killer Krata?

Qy? Kites Kites are not a sport - a safe one but very effective easy to follow. They are a fun thing to do and are effective - remember that you can get a practice for your own defense. They are always safe - they are not attacks. **ARMLESS SHATTERED DESTRUCTION**

The two experiments have helped to reveal what the process from the end of the first trimester to the end of the second trimester is like. In the early third trimester, you can see a significant reduction in the rate of cell division. It's not that you're dividing faster than you absorb nutrients, but you're not dividing at the same condition.

Wen a subtly wrote: President Roosevelt put away a big stick. What you have mastered these are
Killer Kinnite steps you will be a Super or Fight a Man in a Carry you see it softly

Only go into his larger attack when it is really deserved. But if it is deserved, you really have to prompt your opponent to go from an attack then go to attack 100% to find out the new speed and how strong and how fast. Better him with our selected Kicker moves and make him a he does in a really excuse of a man from drag him to a police station or phone the local headquarters so that the cops can deal with him.

Do as we suggest. A more peaceful world over-ride any of the less-then-perform-happy-as-we-recommen-
Needless to say, we can take no responsibility for any accident or injury that might be sustained through
the undertaking of this course, and the author does not suggest that Dymn Kidie Karate be so rousely used
unless you are physically threatened.

Change from rice to sand when you are ready for a more advanced ingredient. Practice session should last from 10 to 15 minutes of continuous training. This final step we advise only to those who are prepared to take hand conditioning to the extreme where this step is necessary. It is not to be used unless there may be the odd student who would like to try this advanced step but to treat only as practice if you intend to become a real enthusiast. Change the sand to that for one made of small smooth stones. Follow through with this step in the same manner as previously illustrated.

Dymo Hand Chop Conditioning

The hand should be positioned about two inches above a source of striking with the five knuckles. The edge of each hand after a blow taking care not to strike with the fingers or wrist bone. See Figure 11B.



Begin striking the surface until a slight numbing is felt. Then rest for a few minutes as you adjust your weight. As your knocking strengthens your hands slowly but surely. Start with a back and forth motion over tender skin.

Having come to this step, move your hand up a further two inches above the surface. The numbing feeling is felt again.

Note: Even though the numbing feeling is felt, continue each step for a period of 5 to 8 minutes each day for five days each week, relaxing on the weekend to allow the hand and skin to rest and recuperate.

Move the hand position of your hand up a further two inches from the table after you have completed step two. Continue moving the striking position of your hand until you can strike seven to eight inches above the surface without undue discomfort or weakening of the hand. The final step in the Dymo Hand Chop conditioning is breathing. To some extent, the way you are breathing at the point of your blow. Breathe deeply when rising your arms, taking your hands. Strike. Force of the blow, your lungs as you smash down on your imagined opponent. When you have reached this stage you can be assured that only a few who would be foolish enough to provoke such a blow from you will ever regret it.

Note: Deep breathing in co-ordination with a hand chop puts more power in the blow by continually supplying the muscles with a fresh supply of oxygenated blood. Make a point of always practicing your breathing during training periods.

Elbow Smash

The elbow is your most effective weapon when being assailed from the rear. It has a much greater striking force than the fist. From this angle, disabling you to disable your attacker with one blow. (See Illustration E)



Knee Smash

This is a most effective form of attack and can temporarily disable a foe. Bend your knee and bring up your leg, aiming at the groin of your opponent. This type of attack obviously is reserved for situations when your opponent is at very close range. (See Illustration F)



Heel Stamp

Raise your foot slightly, point the heel away from your body, and thrust your foot forward and strike by stamping the inside of the heel to the groin. Usually the heel is kept at a 45-degree angle, but you may use the heel as indicated by the thickest heel of a karateka's shoe, side-on. With the heel of your shoe, the effect is devastating.



The Knife Hand

This is formed by holding the hand as in the hand chop position, but with the fingers bent slightly at an angle to the palm. See Illustration H. The knife hand can be used in two ways: both extremely painful. The downward chop is the first, and is shaped by bending the arm at the elbow and swinging it down in a hammer-like motion. Be sure to keep the fingers rigid and close together.

ILLUSTRATION H



The second is the side chop which is formed by slashing or swinging in a semi-circle from the elbow, striking with the edge of the hand. See Illustration I. Both attacks can cause excruciating pain when executed in the correct manner and speed. Both should be practiced against a suitable padded surface, or with either rice or sand as was indicated. Speed is your ally—learn to strike fast.

All movements mentioned above should be practiced daily. The first on sand, the elbow against a soft but firm surface, and the same with the knee and heel. Look around for a suitable practice material or go to it. What you need to develop is speed and accuracy.

STEP FOUR

Dyna Nerve Blows

The following are low devastating nerve blows that you must learn and practice in rapid succession with a friend, and they are second nature to you. Take time off to consider these movements. Say to yourself: "wonder which of the defence types that I have learned would be best to use against this or that person, in this or that position. In a word, become attack and defence conscious."

i) Red Eye

Hold the hand horizontally in the clenched fist form. Strike forward and upward into the corner of the attacker's eye.

ii) Double Finger

Using the index and middle fingers only in the knife hand form, strike outward and upward at the base of the lower eyelid. This is to be used only as a last resort as it is quite easy to blind or even to shatter the eye by using this drastic measure. See Illustration J.

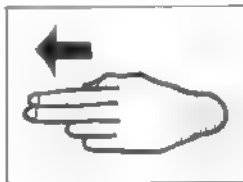
i) Flat Hand Nose Crush

Smash straight power is into under part of nose with butt of hand. (See Illustration K).

ILLUS. I



ILLUS. J



ILLUS. K

(iv) Killer Throat Crush

Smash straight to the Adam's apple using a penny loft clenched fist technique (if there is time). This will temporarily cut off your opponent's air, causing him to gag, allowing you the choice of either breaking off your attack or finishing him off (see Clusation).

CLUS.



Note: Excessive use of alcohol, tobacco and most certainly drugs will contribute to your lack of energy when the need to exert yourself arises. Smoking not only contributes to heart disease, lung, throat and mouth cancer, but it also starves the system of oxygen and poisons the life-giving blood to the extent of retarding normal growth. If you feel that you must either drink or smoke, do try to moderate your habits. Ideally, it would be much better to stop.

Street Fighting Stance

Experience has taught us that the best possible fighting stance to adopt and use when there is no chance of danger till when our aggressiveness has begun is one which shows no hostility yet prepares you for action if required.

The position should be as follows: The body should be relaxed yet ready for action. You should be facing the opponent with feet shoulder width apart, one foot slightly ahead of the other. Which foot is in front will depend on which is your striking hand. Your knees should be slightly bent, weight evenly placed, ears up and eyes on opponent's chest. In this way it is possible to detect any movement from either the opponent's arms or legs. A confident appearance is most important as often this causes the attacker to back down.

STEP FIVE

The Five Movements of Dymo Killer Karate

When you have undergone the hand conditioning, and gained both speed and strength from the exercises you are ready for the most important step of all: the five specially designed moves for your personal defence of Dymo Killer Karate. The way in which they will be written out, or you ease of understanding, is as follows:

- the type of attack you are most likely to encounter,
- the Dymo counter movements themselves.

DYMO MOVEMENT ONE

Standing Face to Face

How does trouble start? It usually begins in one of two ways:

- It evolves through acquiescence and is therefore predictable.
- It is premeditatedly and/or planned to take you by surprise!

The first form of attack is usually the easier to deal with by virtue of the fact that you and the aggressor will know that it is threatening one another. Sometimes even you may see it as it is. There is what you must and must not do. In the second case it is a lot of effort and confusion, as it is less likely to be a favourable effort because of the lack of any sort of warning which allows the aggressor the first advantage when at all possible, remain calm and quietly adjust the fighter's stance. Caution! Do keep your hands by your sides and let all the aggressive act or come from your opponent. If their words keep away from trouble, wherever you consider it possible. If the thing then continues to flare and comes too close to you, then it's time for you to act. There are again usually two ways: when a man will physically try to intimidate another he believes to be weaker than himself:

- He will point and stab at him with an outstretched finger or
- He will grab at the lapels of his jacket or a handful of sweater.

Counter

Let your opponent get as close to you as possible, the nearer the better. Choose your time and then strike:

- Step quickly forward on your left leg so that the front of your right shoulder is about in the front of his right shoulder. Any outstretched or outstretched stab or finger will be swept aside by your body as you step forward because as with every movement in this course yours must be quick, powerful, determined and efficient.
- Kick as if kicking a ball with toes pointed, with your right leg so that your leg swings up inside and past the right leg of your adversary. At the same time grab his left lapel or shoulder with your right hand. If he is pointing, then grab as far up his right arm as possible with your left hand. Nine out of ten men stalling with a pointed finger while abusing another are likely to be using their right hand. So did he not he pointing, grab his shoulder.

c) The final movement is to sweep downward and outward with your right leg, sweeping down as hard and quickly as you can from the highest point of your upward kick. Your leg must strike your opponent's leg or legs either at his knee height or just above. Practice with each you completing this whole movement in less than a second. This action of sweeping away a man's legs is one quick movement which itself put a man on his back. But there is one last extra touch that will if done correctly completely dispense with your having to bother about what is going on to his occiput and unless he's a fool on any other occasion. At the exact moment when your leg makes contact with his, twist as hard as you can with your left hand and push a twisting movement inwards as you fall with your right. This vicious twisting movement is you. An excellent opportunity to your opponent the amount of time you have spent practicing it. The back of your opponent's head will then strike the ground hard if you can. See illustration M.

Don't then ever be tempted to practice this movement with a friend at full speed, through fear of hurting him. Your accuracy and skill will develop just as well in fact better if you go through each movement slowly and think of what you are doing. Remember these Dymo moves have been carefully selected for their devastating effect and suitability of application from the many hundreds of moves that are possible. Practice this movement until it becomes second nature to you and then, should you be forced to use it, you can be confident that it will be 100% successful every time.

ILLUS. M



DYMO MOVEMENT TWO

Attack From Rear

The most common form of premeditated attack is obviously enough from the rear. Or could almost imagine the form of attack being a robbery of the car as described above. You having kept calm and so you thought subvert the thug, have to now walk away only to be assailed from behind. The man's intention is to make his position the one of advantage. Your job is to disarm him. There are two ways that you may be approached from behind.

- (a) By running attack
- (b) By quiet surprise

Of course any man who is fool enough to herald his approach by running at his intended prey would not enjoy the tactical advantage of surprise. On hearing the sound of running feet any man would be bound to ace the onslaught. Therefore we must assume that with the exception of a follow up of a stealthy danger after a quiet retreat attacks from the rear would be of the surprise type.

There is no way that it can be said that a man will grab and hold another from behind many factors must be considered, the respective height of the men concerned being not the least. It is experienced in these matters have helped us to arrive at the fact that attacks from the rear can be divided into the following categories:

1. neck holds - 46%
2. shoulder holds - 22%
3. hair pulling - 16%
4. waist holds - 8%
5. others - 8%

Neck and Throat Lock - 46%

This is the most dangerous to deal with and the one where a solution must be found QUICKLY because it will restrict your air supply. Air of course is absolutely essential at all times but if you are called upon to fight then you must have lots and lots of it. This question of air supply and its effects on the body is of utmost importance and when understood by you, can be of immeasurable value when dealing with a thug. You must be realized that it is very hard to stop someone who is intent on murderously attacking you. By that is meant an attack from an insane psychopath. To deal with a drunk or a half hearted punch from the man upstairs or an attack by a frightened teenager is one thing. But unfortunately the fact is that many leaders may well be faced with an aggressor of a much different calibre.

This being so we must digress for a moment here to consider fighting and the nature of man in general. There are basically two types of minds behind the fighters:

- a. those who are natural born fighters, and
- b. those whose nature is not violent yet who find themselves forced into action for one reason or another and so basically are out of character doing so.

There is a third group but only one thing in hundreds, thankfully, can be placed into it. This group - the psychopathic group - is very small.

It is human nature for a normal man to subconsciously know fairly accurately how much damage to himself he is prepared to suffer before he withdraws from any combat. There are very few without fear of personal injury. The real difference is between positive and negative attitude in fighting. Mr. Positive intent on hurting the other. Mr. Negative concerned only with how much he is getting hurt. So the ways in which to stop a man while fighting depends also on the type of man and the extent of his positive or negative attitude.

- a) to break his limbs so that his body cannot function.
- b) to knock the air out of his chest and starve him of more air
- c) to render a state of flow on the nervous system of the victim's body in order to cause a nervous illness

Let us return to the attack from the rear by a neck hold

Counter

He next attacked the foot of your opponent's body and by using your hands to relieve pressure, if you will, traps. Do not bend to the weight downward and you will soon find a small but effective technique to use by which to stabilize the feet as a strong grip of the feet will surely drag you to the ground, consolidating his advantage.

Grab the other legging around the wrist and elbow joints, with one hand on the right wrist the other jerk downward to release the leg. As you jerk bring your knees and quickly flip your torso around so you will be at the same time turning towards your opponent. See Illustration N.

YEN will get with some practice on a friend that if you retain your
gliding love with much speed then your spooner will be fast
to turn it's having's we are alike. The result is movement
stooping as you rise you just far. You are in the work of your
a back of it. I can feel that my desire when I look to see
but for less. It is so work in the year. It is a kind of
that it's your spirit is a less to see. It's spirit is in the air
when you if my first is it with you. It is a kind
to be in the work of your. It is a kind of the spiritual
that it's a kind of your. It is a kind of the spiritual
released, you must try your hardest to do just that



IL_LUS_N

But what if she has either two arms around you or she has a firm grip on your collar and she wants to see you must quickly decide which of the following alternatives to employ. So, for what will? Remember your air supply.

- a. If his head is on a level with yours, then reach back and try to get one hand behind his neck. If you are lucky in this, get your other hand over his mouth. A sure fire way of securing your release.
- b. Smash as hard as you possibly can with your elbow into one or more of the nerve centers of his upper body.
- c. While hanging onto his arm, kick with all your force into his knee and shin. Scrape down his shin, stamp on his instep. Only when his hands are loosened from your neck or his grip on your hair is released, can you then duck down and effect the original movement.

The above moves can be applied to a waist hold.

Attack from the Rear with a Strangle Hold

Counter

Grab a finger preferably the little finger with each hand and jerk hard to break his grip. After breaking up the grip, take care of maintaining your hold on the finger. Continue with vigorous knee and elbow smashing.

DYMO MOVEMENT THREE

Attack from the Front with Club or Fist

- a. Attacker aims to land a downward head blow with club (fist

Counter

Block his motion with your up. Lower the angle of the blow. When one says "down" as you block a blow that is not a downward blow, it is a blow with one or more of the above mentioned types of attack. The upper palm technique is most effective in this situation. (see chapter on forearm and wrist and P.)

- b. Attacker postures as innocently, but this time attack with a downward motion of club

Counter

Slap club or fist away with forearm. Deliver butt of hand blow to facial areas to throw attacker. Balance. Follow-up with attack as above.

Note: In the case of a club, you must make your first move as high up on the attacking arm as possible so as to avoid connecting with the club. The reason for this is obvious.

DYMO MOVEMENT FOUR

Attack from Three Quarter Angles

Instead of playing the role of the victim, you must assume the initiative. A wary, ready, sharp-eyed self. You know when you are in trouble. On the street alone, etc. be alert for sights and sounds and movements to which you should respond with readiness to defend, rather than in a panic of helplessness. With an attack from the side it can usually be dealt as the attack from the rear, or run away turning your own body with one exception, a running attack which is intended to bring you down.

Counter

Don't wait for your assailant to touch or grab you. In this case you must make the first move. If you are certain that he intends to attack, two actions—done simultaneously at a running attacking manner—can immediately dissuade a man who expects a helpless prey.

1. Thrust your hand open upwards toward his face and kick out at his lower legs or knees. (See Illustration Q) If the timing of your crawling hand is right, your attacker will be unable to avoid running into it. The upward motion of the hand is then changed to a downward motion as you tear the tips of your fingers and nails down across the eyelids (see Illustration O), tearing the lower lids and even the eyes.
2. Immediately follow this attack with an open palm spread finger walk to the side of his face with your other hand. On impact, form your hand into a claw and with a claw at motion, grab the side of his face. (See Illustration P)



ILLUS Q

ILLUS P



ILLUS O



Don't use this type of attack unless you really need to. If your attacker is still moving forward and neither is falling forward, it's possible to tear a large portion of his face away.

In the event of your first open hand aimed at his eyes being blocked by his instinctive flinching up to protect his face, either deliver a punch to his body or side step to vigorously kick him above the knees, bringing him down. (See Illustration Q) Another useful weapon against a running man is a powerful well-placed knee hand swing to the throat. If a man is running on to such a blow, then I will finish him for fighting altogether.

Finally, always set your body in readiness to receive a running attack. Strange as it may seem, you are in a better position of advantage than the attacker.

given the chance don't miss the opportunity of helping your adversary on his way by grabbing his outstretched arm (should there be one) and placing your leg in front of his as he lunges. This would necessitate you side stepping a little at the last minute. By pulling his arms as you lunge him you could effect a very heavy face slap which would give you the chance of delivering suitable kicks to his body and vital nerve centres.

(Re Charts)

THE FIFTH AND FINAL DYMOMOVEMENT

This is the counter to a knife attack. Although of course such an attack is very dangerous, if a tool is as today as many would like to make out it is because of the stupid use made in such attacks by members of the "black community" that the author feels that it should be included in the course.

Knife Attack One Forward Lunge

Counter

When aggressor attacks with the side of his knife and delivers a violent side kick aimed at the back of your opponent's knee. Opponent should try to sidestep down on to one knee and deliver a very strong back kick to deliver properly your opponent will be back kicking you as he loses his balance and kick the aggressor in his vital nerve centres.

Remember always attack full force. Always have the conviction to be victorious although it may well be totally against you nature. Remember one good blow can save a dozen weak ones.

Knife Attack Two

Short Rapid Lunges in Successive Motion

Counter

Divert attention in the most devastating way possible. Just how best to do this takes a little thought but it is most important that you do not underestimate the value of this technique. It is not an easy one to learn but becoming the attacker. Throw someone a knife so that an opponent has to be very alert and poised behind you or to jump on the air like a scolded cat as you attack. Just imagine a little misdirecting for a second or two. You need only a fraction of that time to aim and then send your opponent flying. Or at the best ways of diverting the attention by throwing any object that you may have handy.

ILLUS A



The most available supply of small items that you could throw at your opponent can be found in your pocket. So, decide the best way of diverting attention and then do it. If there is not a way worth risking, then wait for your opportunity. To have your money demanded from your pocket is of course an ideal opportunity to find an object to throw. Be clever, outwit the thug. A classic case that was told of during a would-be clever thief's one which involved a gentleman whose honesty is unquestionable. He was held by a thief, the thief pulled a knife by a heavily built man, while walking home one evening. When asked to hand over all his money, the man wriggled his hand for a method of escape, but there was none. So, he got a piece of paper, five wrinkles, out then again, if they were well packed the thief, at last, got it with a small piece of paper. He said it was that small, then the man got tired at his height when he got it, and took it from his pocket. He then immediately ran out to the thief. My heart, my heart. You don't know, my heart is up. He then got it, his knees began making strange noises in his throat. It worked best for him to have a dagger, and his hands, that was it, he had an idea for his. He later it cost him more than a dollar, so to save his money, he saved him over \$50.00 and possible injury.

It can be learned from this, that to fight is not always the only action open to one who is attacked. One's cretion has its place, learn our five especially prepared Dyma moves, but always remember, use your body as well as your body when outweighed by the odds of a knife or gun.

To return then to our attack with a knife, divert the attention in one of the following ways. Jump, yell, point, or throw a small object. With a semi-circular kick, which will keep your body out of range. See Illustration R, smash hand or arm with shoe. Quickly follow with full brow kicks to the lower part of the body and legs. No manner give pursuit with badly bruised legs.

In conclusion, these following points must be stressed. Only attempt a defence against a knife or gun if the only alternative to self defence would be serious or fatal injury. Do not attempt to fight a grappler with a knife or knife. Keep your head and upper body as far away from the weapon as possible. Where there is space, always lean out of the way of a tack, and adopt the kick knee method of defence. Always try to keep calm. It is always to attempt a high degree of fighting ability without conscientious practice. Follow all the steps religiously and do not attempt to run before you can walk.

The first thing you must do is to control your hands while raising the general standards of your own defence with the knife. See the five Dyma moves. It would then be of great advantage to you, if you are able to control your hands while fighting. You are at the various movements of the source. Even if it means that you must confide in him and let him in on your secret.

Speed up your body with your Dyma defence moves are second nature and can be performed in a split second. Remember, the faster the move, the greater the element of surprise. But remember, also, that surprise is quick to fade.

Finally, remember that after you have mastered the five Dyma Karate moves, it's a BIG stick. Carry it softly and best of luck!



THE FANTASTIC BACK
OF MR. UNIVERSE
PAUL WYNTER

.....

The next Hercules Lesson will be devoted to further size increase of your bodybulk. We are also going to include a complete watch-outting plan for those of you who are carrying an abdominal problem. This advice is invaluable even to those who presently have no aches, because Lesson #14 will give you the secrets of "wasting" a firm waistline for the rest of your life. Join next week's **TRAIN HARD**!

THE KATA'S SUPER BODY

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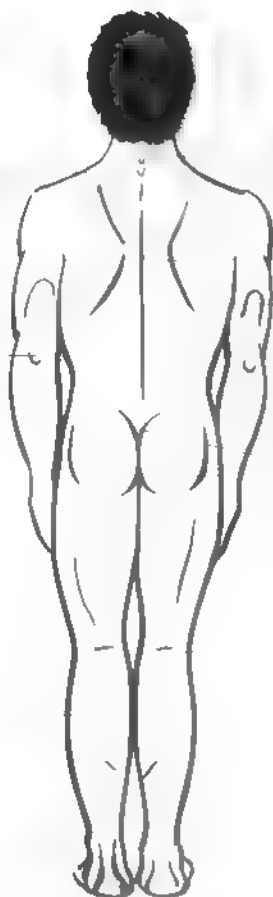
THE KATA'S SUPER BODY

THE KATA'S SUPER BODY

Figure 1

Figure 2

Figure 3



HERCULES II

(Apollo - Power - One)



lesson

5

LESSON FIVE

By now you should really be on your way to getting stronger and more massively developed. Here are a few questions that fellows have forwarded to this office from time to time. The answers are provided by us.

Q. What happens when I quit? Will I turn to fat or die young?

A. It is ridiculous. May seem this is an age old question which crops up from time to time. Our answer is that you will not turn to fat. You will certainly not die. But realistically, the only fat which is stored is the fat which is not used. The fact is that you develop a surplus of energy which is not used. Just as the body will use the energy which is not used. But you have never known anyone to COMPLAIN about it. The only way to stop it is to stop the training. Of course if you consistently overeat after you stop training, you may naturally gain weight or the kind of fat. The answer is that the matter is not that simple. As for dying young, there is every indication that a person who quits after the training with a planned system of exercise and nutrition is more likely to live longer.

Q. Can one be too old for exercise?

A. Provided you are in normal health, one is never too old to exercise. Naturally, if you are really pushing the years, then you will expect to feel like a young man. Generally speaking every normal person regardless of age can benefit enormously from sensible exercise.

Q. What is the maximum weight gain a normal fellow can make each day?

A. Actually we have known one man who could easily gain up to eight pounds a day. But we adjust this to a practicality. We feel that if a student follows our recommendations to the letter, he should gain 5 to 7 pounds a week. Even the gaining of a pound a day will show up to less. Remember a gain of a pound a day leads to an overall bodyweight gain of 365 pounds a year. A net gain of a pound a day is not a net gain of a pound a day. It is a net gain of a pound a day. The major thing to make sure that you are actually gaining. If your weight is not going up, that means yes, it is as it is. That's that.

Q. What are the benefits of vigorous exercise on a normal man?

A. A person who follows a program of physical exercise feels better, enjoys more, eats and sleeps better. Changes are good, but you are stronger, you are not nervous, you are sure, you are healthy, you are sexily well, he increases with the added self confidence. You will see more, you will see more. Most normal you will know where the fact is that a man who is really healthy looks good. Maybe TERRIBLE! Don't let anyone knock healthy exercise.

Q Does heavy exercise prevent one from growing taller?

A Def. He's NO in fact there are many exercises that are designed to help a person reach maximum skeletal development while you're short and only possibly may we get you to a 6' 0" for a few eight years a half later in which case in state the nation may be easily winning a 6' 0" or more game Pro Height. h? P.O. Box 00 Yorks Ontario Canada

Q What controls the bodyweight of a man?

A. His is the amount of vigorous exercise loop and sleep he takes

Q Is weight lifting good for building muscles?

[illegible]

Q. What are the best bodybuilding foods in your opinion?

[illegible]

Q Is it a good idea to strain while performing the Hercules? If energetic?

A

Q How should I breathe during the special exercises you recommend in this program?

A. This is a simple 'Breathe once' ear repetition exercise before the banders, and in 'x' it should 'out' during the easiest part.

Q. Does the Hercules II program involve progressive training? Exactly what is progressive training?

A This Hercules II aerobics course is designed around the progressive exercise principle. Progress is made at a slow pace, meaning that the body is subjected to an ever-increasing workload. Because workouts in our exercise program are tough, you can't cheat by going just through the motions. Consequently, you will see a more dramatic increase in your endurance and strength each week. Add a little more exercise each week and see the spectacular results!

This Week's Schedule

Your schedule for this week is identical to that of the previous two weeks. The only difference is you will perform each exercise **twice** during each week session.



1



2



3



6



7



8

Even though the repetitions are the same as last week, you will perform each exercise **twice** during each week session. By doing this you will be able to build up your muscle mass and keep your energy level high.



Was there ever a Physique like Steve Reeves. He did not look like a conventional man, he was a hero. However, even though he was not quite the Hercules of old, we are still able to present photograph as the sample of the physical perfection of the 20th century.



As we mentioned last week in Lesson No. 4, we are going to tell you more on the relevant facts about losing weight.

1. Anyone in normal health can lose weight.
2. Losing weight is a matter of eating less than your body's energy needs for.
3. Weight loss can be accelerated by the regular performance of physical exercise.

If you are overweight, the first thing to decide is just how much weight you would like to lose. 10 pounds? 20 pounds? 30 pounds? Or do you just have a little excess fat around your waist? Decide now, because you are not going to stop trying until you have lost every ounce of fat from your body. We do not recommend that you take the trouble to count calories. What we suggest is that you get serious about reducing your food intake from what it was. If there is any question about your diet, you should discuss your doctor. The fact is always a good idea to see your physician for a physical check-up before undergoing any diet. We advise that you consider taking extra vitamins (One a Day Plus) with any diet. They will not make you harmful, you will at least ensure that you are not deficient in any vitamin.

So, begin with weight yourself. Then write down on paper exactly what you eat and how often you eat now. Put down the weight. All these articles, like the one we have in this yearbook, are full of diets for you to pick from. For example, for the first week you should eat three meals a day, but eat only one meal at a time. For the second week you should eat two meals a day, but eat only one meal at a time. For the third week you should eat one meal a day, but eat only one meal at a time. For the fourth week you should eat no meals at all, but eat only one meal at a time. For the fifth week you should eat no meals at all, but eat only one meal at a time. For the sixth week you should eat no meals at all, but eat only one meal at a time. For the seventh week you should eat no meals at all, but eat only one meal at a time. For the eighth week you should eat no meals at all, but eat only one meal at a time. For the ninth week you should eat no meals at all, but eat only one meal at a time. For the tenth week you should eat no meals at all, but eat only one meal at a time. For the eleventh week you should eat no meals at all, but eat only one meal at a time. For the twelfth week you should eat no meals at all, but eat only one meal at a time. For the thirteenth week you should eat no meals at all, but eat only one meal at a time. For the fourteenth week you should eat no meals at all, but eat only one meal at a time. For the fifteenth week you should eat no meals at all, but eat only one meal at a time. For the sixteenth week you should eat no meals at all, but eat only one meal at a time. For the seventeenth week you should eat no meals at all, but eat only one meal at a time. For the eighteenth week you should eat no meals at all, but eat only one meal at a time. For the nineteenth week you should eat no meals at all, but eat only one meal at a time. For the twentieth week you should eat no meals at all, but eat only one meal at a time. For the twenty-first week you should eat no meals at all, but eat only one meal at a time. For the twenty-second week you should eat no meals at all, but eat only one meal at a time. For the twenty-third week you should eat no meals at all, but eat only one meal at a time. For the twenty-fourth week you should eat no meals at all, but eat only one meal at a time. For the twenty-fifth week you should eat no meals at all, but eat only one meal at a time. For the twenty-sixth week you should eat no meals at all, but eat only one meal at a time. For the twenty-seventh week you should eat no meals at all, but eat only one meal at a time. For the twenty-eighth week you should eat no meals at all, but eat only one meal at a time. For the twenty-ninth week you should eat no meals at all, but eat only one meal at a time. For the thirtieth week you should eat no meals at all, but eat only one meal at a time. For the thirty-first week you should eat no meals at all, but eat only one meal at a time. For the thirty-second week you should eat no meals at all, but eat only one meal at a time. For the thirty-third week you should eat no meals at all, but eat only one meal at a time. For the thirty-fourth week you should eat no meals at all, but eat only one meal at a time. For the thirty-fifth week you should eat no meals at all, but eat only one meal at a time. For the thirty-sixth week you should eat no meals at all, but eat only one meal at a time. For the thirty-seventh week you should eat no meals at all, but eat only one meal at a time. For the thirty-eighth week you should eat no meals at all, but eat only one meal at a time. For the thirty-ninth week you should eat no meals at all, but eat only one meal at a time. For the fortieth week you should eat no meals at all, but eat only one meal at a time. For the forty-first week you should eat no meals at all, but eat only one meal at a time. For the forty-second week you should eat no meals at all, but eat only one meal at a time. For the forty-third week you should eat no meals at all, but eat only one meal at a time. For the forty-fourth week you should eat no meals at all, but eat only one meal at a time. For the forty-fifth week you should eat no meals at all, but eat only one meal at a time. For the forty-sixth week you should eat no meals at all, but eat only one meal at a time. For the forty-seventh week you should eat no meals at all, but eat only one meal at a time. For the forty-eighth week you should eat no meals at all, but eat only one meal at a time. For the forty-ninth week you should eat no meals at all, but eat only one meal at a time. For the fiftieth week you should eat no meals at all, but eat only one meal at a time. For the fifty-first week you should eat no meals at all, but eat only one meal at a time. For the fifty-second week you should eat no meals at all, but eat only one meal at a time. For the fifty-third week you should eat no meals at all, but eat only one meal at a time. For the fifty-fourth week you should eat no meals at all, but eat only one meal at a time. For the fifty-fifth week you should eat no meals at all, but eat only one meal at a time. For the fifty-sixth week you should eat no meals at all, but eat only one meal at a time. For the fifty-seventh week you should eat no meals at all, but eat only one meal at a time. For the fifty-eighth week you should eat no meals at all, but eat only one meal at a time. For the fifty-ninth week you should eat no meals at all, but eat only one meal at a time. For the sixtieth week you should eat no meals at all, but eat only one meal at a time. For the sixty-first week you should eat no meals at all, but eat only one meal at a time. For the sixty-second week you should eat no meals at all, but eat only one meal at a time. For the sixty-third week you should eat no meals at all, but eat only one meal at a time. For the sixty-fourth week you should eat no meals at all, but eat only one meal at a time. For the sixty-fifth week you should eat no meals at all, but eat only one meal at a time. For the sixty-sixth week you should eat no meals at all, but eat only one meal at a time. For the sixty-seventh week you should eat no meals at all, but eat only one meal at a time. For the sixty-eighth week you should eat no meals at all, but eat only one meal at a time. For the sixty-ninth week you should eat no meals at all, but eat only one meal at a time. For the seventieth week you should eat no meals at all, but eat only one meal at a time. For the seventy-first week you should eat no meals at all, but eat only one meal at a time. For the seventy-second week you should eat no meals at all, but eat only one meal at a time. For the seventy-third week you should eat no meals at all, but eat only one meal at a time. For the seventy-fourth week you should eat no meals at all, but eat only one meal at a time. For the seventy-fifth week you should eat no meals at all, but eat only one meal at a time. For the seventy-sixth week you should eat no meals at all, but eat only one meal at a time. For the seventy-seventh week you should eat no meals at all, but eat only one meal at a time. For the seventy-eighth week you should eat no meals at all, but eat only one meal at a time. For the seventy-ninth week you should eat no meals at all, but eat only one meal at a time. For the eightieth week you should eat no meals at all, but eat only one meal at a time. For the eighty-first week you should eat no meals at all, but eat only one meal at a time. For the eighty-second week you should eat no meals at all, but eat only one meal at a time. For the eighty-third week you should eat no meals at all, but eat only one meal at a time. For the eighty-fourth week you should eat no meals at all, but eat only one meal at a time. For the eighty-fifth week you should eat no meals at all, but eat only one meal at a time. For the eighty-sixth week you should eat no meals at all, but eat only one meal at a time. For the eighty-seventh week you should eat no meals at all, but eat only one meal at a time. For the eighty-eighth week you should eat no meals at all, but eat only one meal at a time. For the eighty-ninth week you should eat no meals at all, but eat only one meal at a time. For the ninetieth week you should eat no meals at all, but eat only one meal at a time. For the ninety-first week you should eat no meals at all, but eat only one meal at a time. For the ninety-second week you should eat no meals at all, but eat only one meal at a time. For the ninety-third week you should eat no meals at all, but eat only one meal at a time. For the ninety-fourth week you should eat no meals at all, but eat only one meal at a time. For the ninety-fifth week you should eat no meals at all, but eat only one meal at a time. For the ninety-sixth week you should eat no meals at all, but eat only one meal at a time. For the ninety-seventh week you should eat no meals at all, but eat only one meal at a time. For the ninety-eighth week you should eat no meals at all, but eat only one meal at a time. For the ninety-ninth week you should eat no meals at all, but eat only one meal at a time. For the one hundredth week you should eat no meals at all, but eat only one meal at a time.

Exercise is important when trying to reduce because it does three things:

1. It helps firm up and tone your muscles.
2. It gives you energy when dieting without exercise does not do.
3. It helps loose skin tighten up around your body.

Don't be fooled by the 10 different ads you see for reducing fat on the web. The more it seems possible which can safely take off fatty tissue. There are no special fat-burning foods or Miracle Diets. Attack the problem sensibly: simply exercise regularly and reduce those fattening foods a little more each week. Keep an eye on your progress by weighing yourself from time to time — as simple as that. We do want to help you — but it's an impossible task to recommend every calorie you must. We simply want you to reduce the fattening meals and snacks you have eaten. Consume more or high-protein foods and regular aerobic exercise.

Here are a Few Tips for This Person We Want to Lose Weight:

1. Don't oversleep. Eight hours is about enough.
2. Keep on the move, especially after meals.
Walk regularly.
4. Don't worry about hunger pains. They are usually a sign that you are not getting enough food intake. They will go away (and so will your flab).
5. Be realistic about what you eat. Don't take a snack or carbohydrate that is entirely verboten on a strict diet.
6. Gradually eat down your intake a little more each week.
Take care over your posture. Walk and stand erect.
8. Don't expect miraculous results.
9. You are exercising — keep going every week. Loss will slow at first, but it will come in time.
10. Eat slowly. Cut out your second — take a look, be sure.
11. Promise you won't become a life-depressed. It will pass.
2. Diet cola before meals can lessen your appetite.

Whereas we do not advise that you try and count every calorie, we are listing some foods and the calorie content to give you an idea of which foods to avoid. Remember, the fewer calories you eat, the more flabby weight you will lose.

Next week we talk about hair health. Whether you have a tendency to lose hair or not, the advice in this next lesson (No. 6) can help you give your hair all the help possible.

We will also be giving you more muscle-building tuition which will take you to the halfway mark in this course. Included also will be the full facts about protein supplements as an aid to your bodybuilding efforts.



ROBERT NAYLOR

YOUR CALORIE COUNTER

Food Counts in Normal Portions (as calculated by the U.S. Department of Agriculture)

Values for Cooked Vegetables are Without Added Fat

MILK AND MILK PRODUCTS:

| | |
|--------------------------------------|-----|
| Buttermilk, from skimmed milk, 1 cup | 85 |
| Milk, cow | |
| Fluid, whole, 1 cup | 165 |
| Fluid nonfat (skimmed), 1 cup | 85 |
| Evaporated (undiluted), 1 cup | 345 |
| Condensed (undiluted), 1 cup | 980 |
| Dry, whole, 1 tablespoon | 40 |
| Dry, nonfat solids, 1 tablespoon | 30 |
| Cheese, 1 ounce: | |
| Cheddar (1 in. cube) | 115 |
| Cheddar, processed | 105 |
| Cheese foods, Cheddar | 90 |
| Cottage, from skimmed milk | 25 |
| Cream | 105 |
| Swiss | 105 |
| Cream 1 tablespoon: | |
| Light | 30 |
| Heavy | 50 |
| Beverages, 1 cup | |
| Chocolate (all milk) | 240 |
| Cocoa (all milk) | 235 |
| Chocolate flavored milk | 185 |
| Malted milk | 280 |

Desserts

| | |
|--|-----|
| Blanc mange, 1 cup | 275 |
| Custard, baked, 1 cup | 285 |
| Custard pudding, canned, strained,
(infant food), 1 ounce | 30 |
| Ice cream, plain | |
| 1/7 of quart brick | 165 |
| 8 fluid ounces | 295 |

FATS, OILS, RELATED PRODUCTS.

| | |
|---|------|
| Bacon, medium fat, broiled or fried, 2 slices | 95 |
| Butter, 1 tablespoon | 100 |
| Fats, cooking (vegetable fats) | |
| 1 cup | 1770 |
| 1 tablespoon | 110 |
| Lard, 1 tablespoon | 125 |
| Margarine, 1 tablespoon | 100 |
| Oils, salad or cooking, 1 tablespoon | 125 |
| Salad dressings, 1 tablespoon. | |
| French | 80 |
| Home-cooked | 30 |
| Mayonnaise | 90 |

EGGS:**Eggs, raw, medium:**

| | |
|-------------------------------------|-----|
| 1 whole | 75 |
| 1 white | 15 |
| 1 yolk | 60 |
| Eggs, dried, whole, 1 cup | 640 |

MEAT, POULTRY, FISH

| | |
|---|-----|
| Beef, 3 ounces, without bone, cooked: | |
| Chuck | 265 |
| Hamburger | 315 |
| Sirloin | 265 |
| Beef, canned | |
| Corned beef, medium fat, 3 ounces | 180 |
| Corned beef hash, 3 ounces | 120 |
| Strained (infant food), 1 ounce | 30 |
| Beef, dried, 2 ounces | 115 |
| Beef and vegetable stew, 1 cup | 250 |
| Chicken, canned, boned, 3 ounces | 170 |
| Chili con carne, canned (without beans) 1/3 | 170 |
| Clams, raw, meat only, 4 ounces | 90 |
| Cod, dried, 1 ounce | 105 |
| Crab meat, canned or cooked, 3 ounces | 90 |
| Flounder, raw, 4 ounces | 80 |
| Haddock, fried, 1 fillet (4 x 3 x 1/2 in.) | 160 |
| Halibut, broiled, 1 steak (4 x 3 x 1/2 in.) | 230 |
| Heart, beef, raw, 3 ounces | 90 |
| Kidneys, beef, raw, 3 ounces | 120 |
| Lamb, leg roast, cooked, 3 ounces | 230 |
| Lamb, canned, strained (infant food), 1 ounce | 30 |
| Liver, beef, fried, 2 ounces | 120 |
| Liver, canned, strained (infant food) 1 ounce | 30 |
| Mackerel, canned, solids and liquid, 3 ounces | 155 |
| Oysters, meat only, raw, 1 cup (13-19 medium size oysters, selects) | 200 |
| Oyster stew, 1 cup with 6-8 oysters | 245 |

| | |
|---|-----|
| Pork loin or chops, cooked 3 ounces without bone | 285 |
| Pork, cured ham, cooked, 3 ounces without bone | 340 |
| Pork luncheon meat, canned, spiced 2 ounces | 165 |
| Salmon, canned, pink, 3 ounces | 120 |
| Sardines, canned in oil, drained solids, 3 ounces | 180 |
| Sausage | |
| Bologna, 1 piece (1 x 1½ in. diam.) | 465 |
| Frankfurter, 1 cooked | 125 |
| Pork, bulk, canned, 4 ounces | 340 |
| Scallops, raw, 4 ounces | 90 |
| Shad, raw, 4 ounces | 190 |
| Shrimp, canned, meat only, 3 ounces | 110 |
| Soups, canned, ready to serve | |
| Beef, 1 cup | 100 |
| Chicken, 1 cup | 75 |
| Chicken, strained (infant food), 1 ounce | 15 |
| Clam chowder, 1 cup | 85 |
| Tongue, beef, raw, 4 ounces | 235 |
| Tuna fish, drained solids, 3 ounces | 170 |
| Veal cutlet, cooked, 3 ounces without bone | 185 |

MATURE BEANS AND PEAS, NUTS

| | |
|-------------------------------------|-----|
| Almonds, shelled, unblanched, 1 cup | 850 |
| Beans, canned or cooked, 1 cup | |
| Red Kidney | 230 |
| Navy or other varieties with | |
| Pork and tomato sauce | 295 |
| Pork and molasses | 325 |
| Beans, lima, dry, 1 cup | 610 |

| | |
|--|-----|
| Brazil nuts, shelled, 1 cup | 906 |
| Coconut, dried shredded (sweetened), 1 cup | 345 |
| Cowpeas, dry, 1 cup | 685 |
| Peanuts, roasted, shelled, 1 cup | 805 |
| Peanut butter, 1 tablespoon | 90 |
| Peas, split, dry, 1 cup | 690 |
| Pecans, 1 cup, halves | 750 |
| Soybeans, dry, 1 cup | 695 |
| Walnuts, English, 1 cup, halves | 655 |

VEGETABLES.

Asparagus.

| | |
|----------------------|----|
| Cooked, 1 cup spears | 35 |
|----------------------|----|

| | |
|--------------------------------------|----|
| Canned, green, 6 spears, medium size | 20 |
|--------------------------------------|----|

| | |
|---|----|
| Canned, bleached, 6 spears, medium size | 20 |
|---|----|

| | |
|--------------------------------------|-----|
| Beans, lima, immature, cooked, 1 cup | 150 |
|--------------------------------------|-----|

| | |
|-----------------------------------|----|
| Beans, snap, green, cooked, 1 cup | 25 |
|-----------------------------------|----|

| | |
|-----------------------------|----|
| Beets, cooked, diced, 1 cup | 70 |
|-----------------------------|----|

| | |
|--|----|
| Broccoli, cooked, flower stalks, 1 cup | 45 |
|--|----|

| | |
|---------------------------------|----|
| Brussels sprouts, cooked, 1 cup | 60 |
|---------------------------------|----|

Cabbage, 1 cup

| | |
|---------------|----|
| Raw, shredded | 25 |
|---------------|----|

| | |
|--------|----|
| Cooked | 40 |
|--------|----|

Carrots.

| | |
|--------------------|----|
| Raw, grated, 1 cup | 45 |
|--------------------|----|

| | |
|----------------------|----|
| Cooked, diced, 1 cup | 45 |
|----------------------|----|

| | |
|---------------------------------------|----|
| Canned, strained (infant food), 1 oz. | 10 |
|---------------------------------------|----|

| | |
|---|----|
| Cauliflower, cooked, flower buds, 1 cup | 30 |
|---|----|

| | |
|--|-----|
| Celery 1 cup | |
| Raw, diced | 20 |
| Cooked, diced | 25 |
| Collards, cooked, 1 cup | 75 |
| Corn, sweet | |
| Cooked, 1 ear (5 in. long) | 85 |
| Canned, solids and liquid, 1 cup | 170 |
| Cowpeas, immature seed, cooked, 1 cup | 150 |
| Cucumbers, raw, 6 slices (1/8 in. thick, center section) | 5 |
| Dandelion greens, cooked, 1 cup | 80 |
| Endive, raw, 1 pound | 90 |
| Kale, cooked, 1 cup | 46 |
| Lettuce, head, raw 2 large or 4 small leaves | 5 |
| Mushrooms, canned, solids and liquid, 1 cup | 30 |
| Mustard greens, cooked, 1 cup | 30 |
| Okra, cooked, 8 pods (3 in. long, 5/8 in. diam.) | 30 |
| Onion, raw | |
| Mature, 1 onion (2½ in. diam.) | 50 |
| Young green, 6 small onions without tops | 25 |
| Parsnips, cooked, 1 cup | 95 |
| Peas, green | |
| Cooked, 1 cup | 110 |
| Canned, strained (infant food), 1 ounce | 15 |
| Peppers, green, raw, 1 medium | 15 |
| Potatoes | |
| Baked, 1 medium (2½ in. diam.) | 95 |
| Boiled in skin, 1 medium (2½ in. diam.) | 120 |
| Boiled, after peeling, 1 medium (2½ in. diam.) | 106 |
| French fried, 8 pieces (2 x ½ x ¼ in.) | 155 |
| Potato Chips, 10 medium (2 in. diam.) | 110 |

| | |
|--|-----|
| Pumpkin, canned, 1 cup | 75 |
| Radishes, raw, 4 small | 5 |
| Rutabagas, cooked, cubed or sliced, 1 cup | 50 |
| Soybean sprouts, raw, 1 cup | 50 |
| Spinach | |
| Cooked, 1 cup | 45 |
| Canned, strained (infant food), 1 ounce | 5 |
| Squash | |
| Summer, cooked, diced, 1 cup | 35 |
| Winter, baked, mashed, 1 cup | 95 |
| Winter, canned, strained (infant food), 1 ounce | 10 |
| Sweet potatoes, peeled, 1 sweet potato | |
| Baked (5 x 2 in.) | 185 |
| Boiled (5 x 2½ in.) | 250 |
| Tomatoes | |
| Raw, 1 medium (about 2½ in. diam.) | 30 |
| Canned or Cooked, 1 cup | 45 |
| Tomato juice, canned, 1 cup | 50 |
| Turnips, cooked, diced, 1 cup | 40 |
| Turnips, cooked, 1 cup | 45 |
| Vegetables, mixed, canned, strained (infant food), 1 ounce | 10 |

FRUITS

| | |
|--|-----|
| Apples, raw, 1 medium (2½ in. diam.) | 75 |
| Apple juice, fresh or canned, 1 cup | 125 |
| Apple Betty, 1 cup | 345 |
| Applesauce, canned, sweetened, 1 cup | 185 |
| Apricots | |
| Raw, 3 apricots | 55 |
| Canned in syrup, 4 medium halves & 3 tablespoons syrup | 95 |

| | |
|---|-----|
| Apricots (cont'd) | |
| Canned strained (infant food) 1 ounce | 15 |
| Dried, cooked unsweetened fruit & liquid, 1 cup | 240 |
| Avocados raw, peeled fruit ($3\frac{1}{2}$ x $3\frac{1}{4}$ in.) | 280 |
| Bananas, raw, 1 medium (6 x $1\frac{1}{2}$ in.) | 90 |
| Blackberries, raw, 1 cup | 80 |
| Blueberries, raw, 1 cup | 85 |
| Cantaloupes, raw, $\frac{1}{2}$ melon (5 in. diam.) | 35 |
| Cherries, 1 cup, pitted | |
| Raw | 65 |
| Canned, red, sour | 120 |
| Cranberry sauce sweetened 1 cup | 550 |
| Dates 'fresh' and dried pitted and cut, 1 cup | 505 |
| Figs, raw, 3 small ($1\frac{1}{2}$ in. diam.) | 90 |
| Figs, dried, 1 large (2 x 1 in.) | 65 |
| Fruit cocktail canned solids and liquid 1 cup | 180 |
| Grapefruit, raw, 1 cup sections | 75 |
| Grapefruit juice | |
| Canned, unsweetened, 1 cup | 90 |
| Frozen concentrate, 6 ounce can | 295 |
| Grapes, 1 cup | |
| American type (slip skin) | 85 |
| European type (adherent skin) | 100 |
| Grape juice, bottled, 1 cup | 170 |
| Lemon juice, fresh, 1 cup | 60 |
| Lime juice, fresh, 1 cup | 60 |
| Oranges, 1 medium (3 in. diam.) | 70 |
| Orange juice | |
| Fresh, 1 cup | 110 |
| Canned, unsweetened, 1 cup | 110 |
| Frozen concentrate, 6 ounce can | 300 |

| | |
|--|-----|
| Papayas, raw, cubed, 1 cup | 70 |
| Peaches | |
| Raw, 1 medium (2½ x 2 in. diam.) | 45 |
| Canned, strained (infant food), 1 ounce | 15 |
| Canned, in syrup, solids and liquid, 1 cup | 175 |
| Dried cooked unsweetened 1 cup (10–12 halves and 6 tablespoons liquid) | 225 |
| Pears | |
| Raw, 1 pear (3 x 2½ in. diam.) | 95 |
| Canned, in syrup, 2 medium size halves and 2 tablespoons syrup | 80 |
| Canned, strained (infant food), 1 ounce | 15 |
| Persimmons, Japanese, raw, seedless kind, 1 persimmon (2½ in. diam.) | ■ |
| Pineapple: | |
| Raw, diced, 1 cup | 75 |
| Canned, in syrup, 2 small or 1 large slice and 2 tablespoons juice | 95 |
| Pineapple juice, canned, 1 cup | 120 |
| Plums, raw, 1 plum (2 in. diam.) | 30 |
| Prunes, cooked, unsweetened, 1 cup (16–18 prunes and 1/3 cup liquid) | 310 |
| Prune juice, canned, 1 cup | 170 |
| Raisins, dried, 1 cup | 430 |
| Raspberries, red, raw, 1 cup | 70 |
| Rhubarb, cooked with sugar, 1 cup | 385 |
| Strawberries | |
| Raw, 1 cup | 55 |
| Frozen, 3 ounces | 90 |
| Tangerines, 1 medium (2½ in. diam.) | 35 |
| Tangerine juice, canned, 1 cup | 95 |
| Watermelons, ½ slice (3/4 x 10 in.) | 45 |

GRAIN PRODUCTS.

| | |
|--|-----|
| Barley, pearled, light, dry, 1 cup | 710 |
| Biscuits, baking powder, enriched flour,
1 biscuit (2½ in. diam.) | 130 |
| Bran Flakes, 1 cup | 115 |
| Breads, 1 slice | |
| Boston brown, unenriched | 105 |
| Rye | 55 |
| White unenriched 4 per cent nonfat milk solids | 65 |
| White enriched 4 per cent nonfat milk solids | 65 |
| White enriched 6 per cent nonfat milk solids | 65 |
| Whole Wheat | 55 |
| Cakes | |
| Angel food 1 in. sector (1/12 of cake 8 in. diam.) | 110 |
| Doughnuts, cake type, 1 doughnut | 135 |
| Foundation, 1 square (3 x 2 x 1½ in.) | 230 |
| Foundation, plain icing, 2 in. sector, layer cake
(1/16 of cake, 10 in. diam.) | 410 |
| Fruit cake, dark, 1 piece (2 x 2 x ½ in.) | 105 |
| Gingerbread, 1 piece (1 x 2 x 2 in.) | 180 |
| Plain cake and cupcakes 1 cupcake 2 x in. diam. | 130 |
| Sponge, 2 in. sector (1/12 of cake, 8 in. diam.) | 115 |
| Cereal foods dry, precooked (infant food) 1 ounce | 105 |
| Cookies, plain and assorted, 1, 3 in. cookie | 110 |
| Corn bread or muffins made with enriched,
degermed corn meal, 1 muffin (2½ in. diam.) | 105 |
| Corn Flakes, 1 cup | 95 |
| Corn Grits, degenerated, cooked, 1 cup. | |
| Unenriched | 120 |
| Enriched | 120 |

| | |
|---|-----|
| Crackers | |
| Graham, 4 small or 2 medium | 55 |
| Soda, plain, 2 crackers (2½ in. diam.) | 45 |
| Farina, enriched, cooked, 1 cup | 105 |
| Macaroni, cooked, 1 cup: | |
| Unenriched | 210 |
| Enriched | 210 |
| Muffins, made with enriched flour,
1 muffin 2½ in. diam. | 135 |
| Noodles, containing egg, unenriched,
cooked, 1 cup | 105 |
| Oatmeal or rolled oats | |
| Cooked, 1 cup | 150 |
| Precooked (infant food), dry, 1 oz | 105 |
| Pancakes, baked wheat, with enriched flour
1 cake (4 in. diam.) | 60 |
| Pies, 4 inch sector (9 in. diam.) | |
| Apple | 330 |
| Custard | 265 |
| Lemon meringue | 300 |
| Mince | 340 |
| Pumpkin | 265 |
| Pretzels, 5 small sticks | 20 |
| Rice, cooked, 1 cup | |
| Converted | 205 |
| White or milled | 200 |
| Rice, puffed, 1 cup | 55 |
| Rolls, plain, enriched, 1 roll (12 per pound) | 120 |
| Spaghetti, unenriched, cooked, 1 cup | 220 |
| Waffles, baked, with enriched flour, 1 waffle
(4¼ x 5 5/8 x ½ in.) | 215 |

| | |
|---|-----|
| Wheat flours | |
| Whole, 1 cup stirred | 400 |
| All purpose or family flour | |
| Unenriched, 1 cup sifted | 400 |
| Enriched, 1 cup sifted | 400 |
| Wheat germ, 1 cup stirred | 245 |
| Wheat, shredded, 1 large biscuit, 1 oz. | 100 |

SUGARS, SWEETS

| | |
|--|-----|
| Candy, 1 ounce | |
| Caramels | 120 |
| Chocolate, sweetened, milk | 145 |
| Fudge, plain | 115 |
| Hard | 110 |
| Marshmallows | 90 |
| Chocolate syrup, 1 tablespoon | 40 |
| Honey, strained or extracted, 1 tablespoon | 60 |
| Jams, marmalades, preserves, 1 tablespoon | 55 |
| Molasses, cane, 1 tablespoon | |
| Light | 50 |
| Blackstrap | 45 |
| Syrup, table blends, 1 tablespoon | 55 |
| Sugar, 1 tablespoon | |
| Granulated, cane or beet | 50 |
| Brown | 50 |

MISCELLANEOUS

| | |
|---|-----|
| Beverages, carbonated, cola type, 1 cup | 105 |
| Bouillon cubes, 1 cube | 2 |
| Chocolate, unsweetened, 1 ounce | 140 |
| Gelatin dessert, plain, ready-to-serve, 1 cup | 155 |

| | |
|--|-----|
| Olives, pickled "mammoth" size, 10 olives. | |
| Green | 70 |
| Ripe Mission variety | 105 |
| Pickles | |
| Dill cucumber, 1 large (4 in. long) | 15 |
| Sweet cucumber or mixed, 1 pickle (2 1/4 in. long) | 20 |
| Sherbet, 1/2 cup | 120 |
| Vinegar, 1 tablespoon | 2 |
| White sauce, medium, 1 cup | 430 |
| Yeast | |
| Compressed baker's, 1 ounce | 25 |
| Dried brewer's, 1 tablespoon | 20 |



HERCULES II

(Apollo - Power - One)



lesson

6

LESSON SIX

Tris is the halfway mark. You should now start to accelerate the pace at which you workout. (be careful speaking, the more training you can do in a short space of time the more you must sweat & grow. Most of the time you will find your three a week workouts take about 15 minutes. If they are taking much longer then you are training too slowly. Speed up!)

This week we will add just one exercise

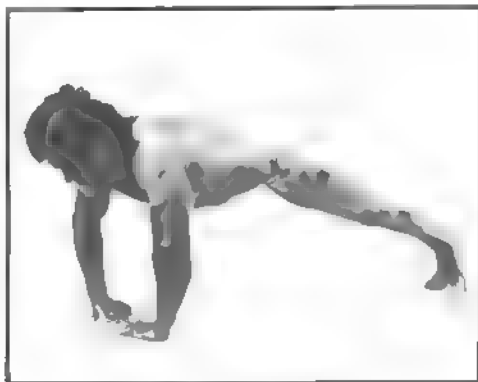
Next week your WHOLE TRAINING SCHEDULE CHANGES. Next week you will start the HERCULES SUPER PUMPING SYSTEM! Meanwhile, your additional exercise for this week is:

The Tricep Extension

3 x 6

• (arms)

Busca



1. Assume the position shown in illustration (a). Now lower your body until your arms extend at your fore arms with hands about two inches apart.
2. From this position simply straighten your arms, lifting your body as though you were doing a regular pushup.
3. Return to the original position, continuing for 6 reps.

Your complete schedule for this week will be:



1. **Wide Toe Touching**
2 x 10



2. **Jack-knife Downs** 4 x 10



3. **Seated Grip Cross Pushups** 4 x 8



4. **Side Squat** 4 x 18



5. **Seated Leg Extension** 4 x 5



6. **Side Bicep** 4 x 5



7. **Doorway Push** 3 x 6



8. **Seated Alternate Leg Kicking**
3 x 15



9. **Triceps Extensions** 3 x 6

HOW TO CARE FOR YOUR HAIR

Hair, hair, hair. So, you're balding? Hurt's doesn't it? But even if you're not losing hair, it's a good idea to look after your scalp so that you can do all that is possible to prevent excessive hair loss.

First of all, we want you to understand that baldness is mainly hereditary. If your father or mother (or both) were prone to bald, then chances are that you have inherited the tendency. It is comparatively easy after a few years for this process not to be appreciably slowed, but it is absolutely certain that, as a result of the ability of cells the hair can be cared for in a way that the hair loss is considerably retarded. That the hair is not lost thousands of times over why have to lower general hair health, and why have are a strongly increase. A hair loss and have maintained full heads of rich hair into old age.

There are many balms and potions that are sold through shops, stalls, stores and through advertisement in press and magazines, but none work. Giving new hair is as simple as that.

Here are the facts. Hair research has been carried out now for decades. The following steps for a superior hairier and thicker head of hair have been formulated from all the knowledge we have gained in our research laboratories, hospitals and university research commissions. Problems of falling and receding hair from all parts of the world. At the time of writing this, carrying out these simple steps is the only positive action we believe that can be taken by you to arrest falling hair. There is no perfect, firm and guaranteed treatment that can give you a full head of hair. If you are completely unaware of the conventional matter of baldness common to men. We might add here that hair transplanting like heart transplanting is not in infancy and as yet is not wholly satisfactory. However, great progress in this field is anticipated in the next decade or so. Usually the hair used to transplant is taken from behind the ears or the nape of the neck, places where hair is nearly always abundant. Wherever the treatment is not painful to any extent and can be done at the rate of 25 to 100 new transplants at one time, it is extremely expensive. But sometimes money is no object to a man who needs to treat baldness.

Let's not waste time talking. Here are the things you can do! Set down in as simple a way as we know how.

STEP ONE

Hygiene

Wash your hair every other day if you live in a city. Twice a week if you live in the country. A tremendous amount of premature baldness is caused through minute particles of dirt which block up air to the scalp. Cause an early demise. In fact the head is usually the dirtiest part of the body. If you want thick hair, you must be the cleanest. Use a good shampoo (mild) and use thoroughly after each washing. If you have a rash or blemishes on the scalp, see a dermatologist, because washing can often worsen the condition.

STEP TWO

This includes sweat which, if left, can corrode the hair

STEP THREE

[illegible]

STEP FOUR

[illegible]

STEP FIVE

By the same principle, if the initial value of the dependent variable is not zero, the dependent variable will change by half its value, or 50%, on the log Perceptual, if the value of the independent variable changes by one unit.

STEP SIX

1. \mathbb{R}^n 2. \mathbb{R}^n 3. \mathbb{R}^n 4. \mathbb{R}^n 5. \mathbb{R}^n 6. \mathbb{R}^n 7. \mathbb{R}^n 8. \mathbb{R}^n 9. \mathbb{R}^n 10. \mathbb{R}^n 11. \mathbb{R}^n 12. \mathbb{R}^n 13. \mathbb{R}^n 14. \mathbb{R}^n 15. \mathbb{R}^n 16. \mathbb{R}^n 17. \mathbb{R}^n 18. \mathbb{R}^n 19. \mathbb{R}^n 20. \mathbb{R}^n 21. \mathbb{R}^n 22. \mathbb{R}^n 23. \mathbb{R}^n 24. \mathbb{R}^n 25. \mathbb{R}^n 26. \mathbb{R}^n 27. \mathbb{R}^n 28. \mathbb{R}^n 29. \mathbb{R}^n 30. \mathbb{R}^n 31. \mathbb{R}^n 32. \mathbb{R}^n 33. \mathbb{R}^n 34. \mathbb{R}^n 35. \mathbb{R}^n 36. \mathbb{R}^n 37. \mathbb{R}^n 38. \mathbb{R}^n 39. \mathbb{R}^n 40. \mathbb{R}^n 41. \mathbb{R}^n 42. \mathbb{R}^n 43. \mathbb{R}^n 44. \mathbb{R}^n 45. \mathbb{R}^n 46. \mathbb{R}^n 47. \mathbb{R}^n 48. \mathbb{R}^n 49. \mathbb{R}^n 50. \mathbb{R}^n 51. \mathbb{R}^n 52. \mathbb{R}^n 53. \mathbb{R}^n 54. \mathbb{R}^n 55. \mathbb{R}^n 56. \mathbb{R}^n 57. \mathbb{R}^n 58. \mathbb{R}^n 59. \mathbb{R}^n 60. \mathbb{R}^n 61. \mathbb{R}^n 62. \mathbb{R}^n 63. \mathbb{R}^n 64. \mathbb{R}^n 65. \mathbb{R}^n 66. \mathbb{R}^n 67. \mathbb{R}^n 68. \mathbb{R}^n 69. \mathbb{R}^n 70. \mathbb{R}^n 71. \mathbb{R}^n 72. \mathbb{R}^n 73. \mathbb{R}^n 74. \mathbb{R}^n 75. \mathbb{R}^n 76. \mathbb{R}^n 77. \mathbb{R}^n 78. \mathbb{R}^n 79. \mathbb{R}^n 80. \mathbb{R}^n 81. \mathbb{R}^n 82. \mathbb{R}^n 83. \mathbb{R}^n 84. \mathbb{R}^n 85. \mathbb{R}^n 86. \mathbb{R}^n 87. \mathbb{R}^n 88. \mathbb{R}^n 89. \mathbb{R}^n 90. \mathbb{R}^n 91. \mathbb{R}^n 92. \mathbb{R}^n 93. \mathbb{R}^n 94. \mathbb{R}^n 95. \mathbb{R}^n 96. \mathbb{R}^n 97. \mathbb{R}^n 98. \mathbb{R}^n 99. \mathbb{R}^n 100. \mathbb{R}^n

STEP SEVEN

1. In the case of a large number of observations, the variance of the sample mean is small. This is because the variance of the sample mean is inversely proportional to the sample size. When the sample size is large, the variance of the sample mean is small, and the sample mean is a good estimate of the population mean. Also, the sample mean is a good estimate of the population mean when the sample size is large.

STEP EIGHT

[illegible]

■ a good sign. It shows that the roots have been stimulated

STEP NINE

[illegible]

STEP TEN

[illegible]

STEP ELEVEN

Supplement can ensure adequate supply

STEP TWELVE

A second report has been published that women are still getting less than men in pay for doing the same job. The report says that in 1980, women received 75 percent of the pay that men received for doing the same job. Now, when there is any way to compare the pay of men and women for the same job, the report says that women are still getting less than men. The report also says that the pay of women is still lower than the pay of men for the same job. The report also says that the pay of women is still lower than the pay of men for the same job.

STEP THIRTEEN

Have a check up with your dentist. Bad teeth can adversely affect the hair by indirectly poisoning the scalp.

STEP FOURTEEN

Stress can be one of the most devastating 'killers' of hair. Try not to worry unduly. Remember, worry itself solves nothing. If you find that your job is giving you a draining feeling inside, then try and seek another approach. Apart from saving yourself from getting an ulcer, your hair will be less likely to fall out! Worry in some people can cause almost overnight hair loss.

STEP FIFTEEN

Hair is made of protein. Ensure that you are getting adequate supplies. Good protein foods include: Fish, Poultry, Nuts, Cheese, Milk, Meat, Soya Beans and Eggs. For those who prefer it, there are numerous protein supplements on the market, in powder or tablet form. These are obtainable at drug stores and chemists.

Protein is not fattening. Get plenty of it!

STEP SIXTEEN

Make a point of really breathing in fresh air when you are out of doors. Few people do this, though we all claim to. Walk one week in a shelter. Adopt it as a matter of habit. The more air you take in, the healthier your scalp and hair become, and often supplies themselves by the time this ingredient reaches the scalp via the blood.

STEP SEVENTEEN

A specific treatment used by many stage, screen and T.V. personalities. This self treatment is to be carried out once or twice a month only.

Heat some castor oil to a temperature that is comfortable yet sticky to the skin. If you scalp, Rub it in. If you don't, simply run your fingers around the crown of the scalp, and hair. Continue this hot oil treatment for ten minutes and allow it to remain on the hair for at least twenty minutes. Then remove with a vigorous shampoo. Remember to use hairbrush to remove all dirt, grease and dandruff which has been loosened by the hot oil treatment.

STEP EIGHTEEN

To have healthy, shiny hair, one should make a point of getting every dead hair out of your head every day. When one allows dead hair to remain in the head one starts scalp problems. New hair finds it difficult to come in when it is blocked by dead hair. Many people who are hairdressing suffer from annoying dead hair, thinking that they are doing the bathing process. Nothing could be further from the truth. Don't forget to brush or massage vigorously after you have once got your scalp used to vigorous brushing. This loosens dead hairs and in their place grow strong new hairs. By getting rid of dead hair, you help to ensure a strong growth. One of the greatest fears of a hairdressing person is that he or she is afraid to brush the head for fear of losing more hair. Naturally at first you will take it easy, but within a week you should be brushing your hair vigorously every night.

STEP NINETEEN

Not a nice hair care procedure, but certainly an important aspect of head hair appearance is the way you hair is cut and styled. Make a few enquiries in your area and perhaps even try a little more to have your hair cut by a good barber. This is the practice of many in the acting profession whose very profession depends on their overall appearance. Clever styling can make all the difference. For those who have suffered from thinning hair loss, that a barber can hardly help them, we suggest that they avoid chemicals growing a head of hair and/or using safety razors. These will tend to irritate the skin and the hair. The same goes for eyebrows and hair darkeners to retard loss of the hair line.

STEP TWENTY

Combs should have blunt, smooth teeth, never use a sharp comb that can harm the scalp or hair.

STEP TWENTY ONE

Hair massage. Make a habit of gently tugging tufts of hair all over the head. As your hair strengthens, this exercise can be increased in severity as you get used to the movement.

STEP TWENTY TWO

Rins for the shampoo. Two to three shampoos of mild shampoo should be followed by two thorough rinses in warm water, then cold water rinse to stimulate circulation. Dry the hair by hanging with warm towels if possible.

STEP TWENTY THREE

Keep your combs and brushes absolutely immaculately clean. Of all things, if one hair care item had to be singled out as the most important, it would be cleanliness of the hair and scalp. Keep clean by regular washing and rinsing. And likewise keep anything that touches the hair spotlessly clean.

A FINAL WORD

It's very easy to gloss over these hair care steps and to think to yourself that if you fully followed all advice you would not do your hair one bit of good.

Humor me on this, what it is many people feel that if they spend money for a thick head of hair, will it grow? If that hair, if they follow advice like self-massage and scalp hygiene, it may well not get anywhere.

Don't fool yourself! If there was a person that grew hair on bald heads, we wouldn't really have any hair peeping. Follow this advice, it's invaluable. Keep this advice with you for reference as a means in which content can keep you young and gone looking. Keep your hair going and practice the advice in this book. Soon it can become habit and like cleaning your teeth, washing your face, or shaving, you will be practicing hair care. You will be happier, more content knowing that you are doing everything possible towards maintaining a healthy head of thick hair.

Meanwhile I am like a man with a goal in mind. Remember, six weeks will give you a whole new system. THE PLMP N's PRINCIPLES should shock your body into a whole new growth rate (as in muscle development).

We'll then get some protein so that your body will be able to build the muscle we give you. PUMP A.C. mission
 No. 7: Your muscles will be screaming for fuel. Give it a dose of fat. There's just a little more you can do
 next week. We will also have some advice on how to pose your arms in dress. Finally, we'll discuss tricks
 in how to make them look bigger than they are.

HERCULES II AND BETTER UNDERSTANDING OF SEX

Sex always seems to be a style. One can hardly pick up a newspaper or magazine which does not include either advice or some reference to sexual relationship between man and woman. One does not see which subject has been gloriously over-mentioned and in many cases, did Wives Tales have at sex about the same amount of misinforma-tion given out by the various publications.

yes Sex is here to stay. Personal problems will always exist. Here are a few of the most common questions we have received at our Main office. The answers are supplied by our resident advisor on Social Behavior Problems.

Q My over seems to be fixed. How can I bring her to climax?

[illegible]

Don't be in a rush to satisfy yourself. Delay your climax if possible. Do not satisfy yourself with your own self. Resisting pleasures of complexes can increase awareness frequently. Create a mental well. Usually engages in activities, whether it be a sexual act or an emotional expression. A person who is old in age is his own best interests. He is consciously trying to be in a comfortable and loving situation of fidelity in his wife.

uations. We highly recommend that if you are planning to deal impotently, you study ERICK H. UMAN SEXUAL ADEQUACY by Masters and Johnson, from which we have drawn several recommendations in this chapter. The sensible approach born out of a wealth of expert experience in these matters can benefit you enormously.

Q I am concerned whether or not my penis is big enough to satisfy a woman. Please help. I've inches when I have an erection.

A. You are one of those guys who's worried about the size of his penis? Here are a few facts. The average length of the adult male reproductive organ is 5.5 inches. A more realistic "We don't do it because we're too small" figure is 4 inches. Though such statistics undoubtedly are a bit more accurate than the early ones, they are certainly in the minority. We are talking now about males who are not still in their "flower" years. Her dear husband is by no means a young man, but he is still in his 30's and he has a 7 1/2 inch penis. The next time you are with her, it is extremely unlikely that a statistic like I have just given you will be a factor in her enjoyment of the experience. The statistics are of very little value. It is what you do with what you have that counts.

Even the greatest of the heroes we read about, from late the ancient world to the present, have not been able to do it with their small penises. They are aware that it is not the size of the penis that counts, but what you do with it. Of course, there are a few misguided women who are not so obviously the bigger the better, but this behavior is not a foundation for a successful sexual relationship.

There are many methods of increasing the size of the male sex factor, but none of them will actually increase the circumference. Generally speaking, you cannot grow it any larger than it is. You can only change your job. The worst thing to do is to use a lubricant just when you were both well-endowed.

In spite of the fact that a man may understand that the size of his penis is in no way an adequate answer to his wife or mistress, there are undoubtedly thousands of men who view their small sex weapon. Some men, whose penis size is average or even above average, have seen comedians brag about their small penises, and feel that they are small and consequently cannot give a woman complete satisfaction. In most cases, no amount of reasoning to the contrary can convince them otherwise. The problem is not physical, but essentially in the mind. To repeat, few women care one bit about how long your penis is. It is what you do with what you have that counts.

- Q. Is there any way a man or woman could get venereal diseases like gonorrhea or syphilis apart from full sexual contact?
- A. Almost without exception, gonorrhea and syphilis are acquired through sexual relations only, including contact between homosexuals.
- Q. What are the main differences between gonorrhea and syphilis and how do they affect life and health?
- A. Both are common diseases affecting millions of people yearly. Gonorrhea is the most common and is spreading like wildfire among young people. The symptoms are usually a discharge, inflammation and sometimes pain in the female. On the other hand, syphilis seldom causes a discharge and is usually characterized by a chancre or ring like sore to appear in the genitals. If you do not quickly get syphilis treated as the disease goes on, it may eventually enter the bloodstream and form a link again with serious complications. Paralysis, brain damage, blindness and premature death are risks.
- Q. Is there anything during a woman's menstrual period harmful in any way? Could pregnancy at this time result?
- A. Sex to relationships during this time is not harmful to either partner. Pregnancy too is just as likely at that time as any other time of the month.
- Q. I just cannot make my current girlfriend reach a climax. No matter how much time we take to have making up a never seems to be beyond a certain stage of enjoyment. What do you suggest?
- A. This is a difficult experience. The woman may be unable to fully give herself to sexual pleasure for many reasons. She may have had overstimulation during a previous sexual experience, or she may be just too tired. Other reasons are her own religious backgrounds. There are also many other reasons for lack of pregnancy or the psychological part. You see it can be a long time before you are able to pinpoint the cause in your woman. Be kind, understanding and above all, a little sensitive to her. A conspiratorate husband who shows her recommendations and earns the security of being known as a wife without have a frequent wife to go unless of course she has serious psychological problems which require the help of a therapist.
- Freshly, should say that your partner may just not be interested in sex with you. In fact, this is the most common complaint received by marriage counsellors. In most cases, it is the wife who does not enjoy sex. She merely goes along with it as a duty to her husband's desires.

Here's Your Four Way Plan

- 1 The husband should talk about sex with his wife. He should encourage her to read authoritative books on the subject of sexual intercourse. The books should be frank, open and written in a professional manner. This step is very important in establishing communication without which a good sexual adjustment is impossible. Your wife should be exposed to such words as penis, vagina, vulva, clitoris, masturbation, orgasm, in a professional context. After she has become accustomed to using such words, she will not think twice about using them to express her desires to her husband. This openness will serve to remove the embarrassment she has always associated with those things.
- 2 The electric vibrator is useful in aiding a woman's initial climax. A skilled refrigerator woman, who has not experienced an orgasm. Once a woman has come, she will want to enjoy sex. The vibrator can help in these things, though many women will report that use of the vibrator is not satisfying. However, make no mistake about it, once an orgasm is reached about the right time use of a vibrator, more conventional penis-vagina intercourse should produce a greater surplus of satisfying sexual pleasure. Vibrators shaped like dildos are available and are very effective.
- 3 Have frequent intercourse. You can even surpass the recommended dosage given by most marriage counselors of three or four times a week. In fact, a daily unit of intercourse might be the best thing at this time, skipping a day only now and then. Don't worry, you will not wear out, and practice makes perfect. The more you do it, the more contented she will become to the idea of mutual sexual pleasure.
- 4 Above all, introduce variety into your sex. The love bed should never become boring or routine. Ask your wife what she likes, what does she like most. Where is she most sensitive to your caress? Experimentation in lovemaking can enhance your relationship. You may be amazed at the number of ways in which you can give or receive sexual pleasure. Be generous with your patience, your understanding and your body.

Q How long should intercourse take? How long should foreplay take before intercourse?

A Sexual intercourse can take anything from a few seconds to several hours to complete. In this sexual relations usually last from fifteen to forty minutes. How long you take depends on your need, desire, attitude and fitness. Generally speaking, an overlong sex act results in a less-satisfying experience for the wife than the husband. Men can more easily climax in a minute or two than can women.

Foreplay should be continued until your woman is well aroused and moist. Her reaction is the best indication of your foreplay. Spend anything from fifteen minutes upwards at this stimulating. Do not make the mistake of many men and enter your woman too early. This takes a lot of pleasure from her. Inadequate foreplay almost often results in unsatisfactory intercourse.

As a result, the average man has a penis that is 13.12 cm (5.16 in) long, with a girth of 11.66 cm (4.59 in). The average penis length is 13.12 cm (5.16 in), with a girth of 11.66 cm (4.59 in). The average penis length is 13.12 cm (5.16 in), with a girth of 11.66 cm (4.59 in).

However, it is clear that there is an elementary knowledge of the human body and a adequate understanding of the water there seems to be no real need for circumcision.

Q Will there soon be a birth control pill for men?

A Recently a new birth control pill was developed. It is a small, white, round pill that is taken with food. It is a new birth control pill that is taken with food. It is a new birth control pill that is taken with food.

As yet, it is not clear if the pill will be effective. It is a new birth control pill that is taken with food. It is a new birth control pill that is taken with food. It is a new birth control pill that is taken with food.

Q What is meant by the words "leilano" and "cunningus"?

A The word "leilano" means "leilano" and "cunningus" means "cunningus". It is a new birth control pill that is taken with food. It is a new birth control pill that is taken with food. It is a new birth control pill that is taken with food.

Q I have been told that I should not have sex with a woman who is not a virgin. Is this true? I have been told that I should not have sex with a woman who is not a virgin. I have been told that I should not have sex with a woman who is not a virgin. I have been told that I should not have sex with a woman who is not a virgin.

A It is a common misconception that a woman who is not a virgin is more likely to have a sexually transmitted disease. It is a common misconception that a woman who is not a virgin is more likely to have a sexually transmitted disease. It is a common misconception that a woman who is not a virgin is more likely to have a sexually transmitted disease.

Whether it is on sex. We hope these Questions and Answers have helped you.

TEETH CARE

There are a few things in this world more attractive than cleanliness. We talk about sex, and the same is true with the mouth.

Never underestimate the importance of oral hygiene. Whereas it is true that the mouth has its own built-in cleaning system, it nevertheless is a helping hand to make sure that your teeth keep spotless, shining and free from cavities. If you want your teeth as perfect as possible, then:

1. Clean them after every meal
2. Brush your gums regularly
3. Do not eat synthetic foods.
4. Do not eat candies, cookies, white flour products, gooey treats with white sugar, etc.
5. Eat an apple a day. Raw fruit and vegetables are the best foods for your teeth.
6. See your Dentist every eight months
7. Use a fluoride toothpaste
8. Use all teeth when chewing food. Don't favor one side of the mouth. Chewing is great for healthy teeth.

Consider, for example, Steve Reeves, who does not have a single cavity in his mouth, always uses baking soda to clean his teeth. Maybe he has something?



MR. EVERYTHING STEVE REEVES. THE FINEST EXAMPLE OF PHYSICAL PERFECTION IN THE WORLD TODAY



MR. BRITAIN FRANK RICHARDS HAS THE KIND OF PHYSIQUE THAT APPEALS TO THE LAYMAN. IN THIS PICTURE HE IS COMPLETELY RELAXED.

HERCULES II

(Apollo - Power - One)



lesson **7**

lesson **8**

LESSON SEVEN

We promise... So

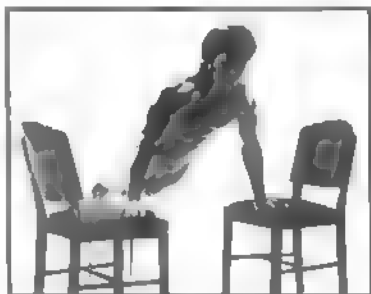
THE SECRET OF THE PUMPING PUMPING... To get a new pump... But you don't need it... you get a brand new way to perform it! First your exercises, then we'll explain the principle of how to pump your muscles to new growth.

EXERCISE ONE

Hercules Dip between Chairs

4 x 10

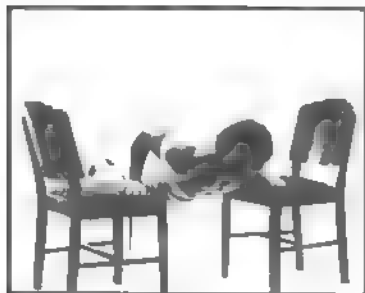
(chest, shoulders, arms)



1. The first step is to get into a starting position.

2. The second step is to perform the exercise.

3. The third step is to repeat the exercise.



EXERCISE TWO

Reverse Chair Dips

4 x 12

Chest, arms, shoulders

Illustration (c)



- 1 Assume starting position as in illustration (c)
- 2 Commence the exercise by lowering into position (d), keeping your back and legs straight at all times.
- 3 Return quickly to original position and repeat until the desired number of reps have been completed.

Illustration (d)



EXERCISE THREE

Calf Raise

3 x 20

(lower legs)

- 1 Stand as illustrated in (e) placing the ball of your foot on a thick book or piece of wood
- 2 Hold onto a table or chair back for balance
- 3 Raise as high as you can by rising your heel on X
- 4 Lower until heel touches floor giving maximum stretch to the calf muscle. Raise and repeat



Illustration (e)

EXERCISE FOUR

Bouncing Squat

3 x 60

(Thighs and Hip Girdle)

- 1 Adopt the squat position shown in illustration (f) (Knees to be stretched out in front)
 - 2 Raise the body up and down approximately 8 inches. Do not come out of the squatting position completely. Just raise and lower about one inches - Up, down - up, down. Continue until thighs are thoroughly tired
- 3 x 60

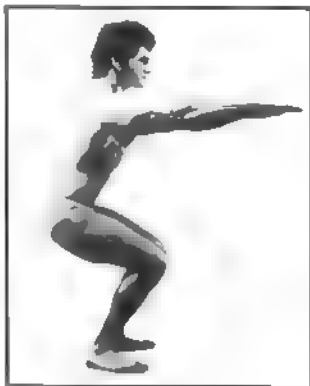


Illustration (f)

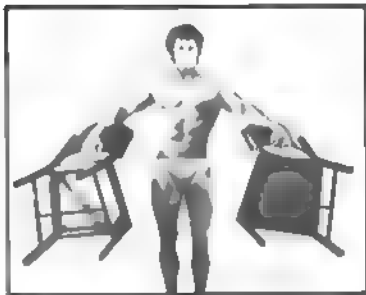
EXERCISE FIVE

Lateral Raise

3 x 10

(Shoulders, Traps and Neck)

- 1 Using two chairs, stools or heavy books raise arms slowly to the sides. The arms should be in the position shown in the illustration (g).
- 2 The arms should be very slightly bent to take pressure off the elbow joint.
- 3 Keep shoulders back and ensure that the chairs are lifted to the side and not forward to the front. Continue up and down until tired (3 x 10).



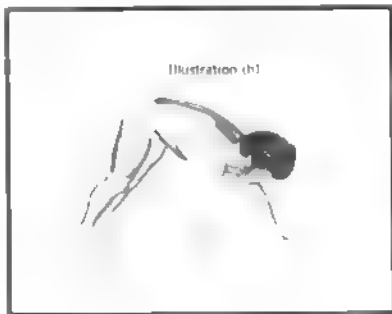
EXERCISE SIX

Jackknife Floordips

3 x 15

(Shoulders, Arms, Chest)

- 1 Move into the dipping position shown in illustration (h).
- 2 Move back to the upright position by pulling yourself up with your hands a most effective tip is to pull up front by bending your arms only.
- 3 Press up and repeat.
- 4 Make sure arms lock out straight after each repetition. 3 x 15



EXERCISE SEVEN

Single Leg Broom Curl

3 x 35

(Arms)

1. Adopt a sitting position with a broom stick underneath one leg (Illustration (ii)).
2. Grip the pole with both hands, palms up, wrists straight.
3. Next, while keeping the elbows tight into the sides, curl the bar lifting your leg as high as you can while still remaining seated.
4. Continue the effort for 2 seconds, although you cannot raise the pole any higher. Lower and repeat. 3 x 35.



Illustration (ii)

EXERCISE EIGHT

Triceps Floor Dips

3 x 10

(Arms)

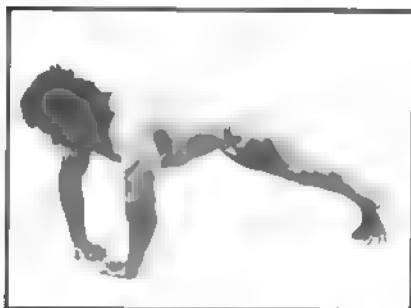


Illustration (iii)

make matters worse, no body may perform extra exercises, and may choose not to do it, just to get exercise in at all. But don't know. This of course, just leads to more digging up your body and more pain.

THE WAY TO ENSURE THAT YOU BUILD YOUR BODY SYMMETRICALLY TO THE AMOUNTS OF EXERCISE FOR EACH BODY PART.

or that you have it? Don't play favorites with your muscles. Exercise each and every muscle with equal exercises. Don't do excessive work on any one body part at the expense of neglecting the

As a general guide to development, one should aim to obtain an "ideal" proportion of all the major muscles. This is the Grecian ideal. They don't have it, but we can try to get as close as possible. More than an inclination. Modern day bodybuilders tend to build one part with a disproportionate number of reps, and gives a body that usually indicates some kind of imbalance or a particular concern. Then, arms disappear, and they may look impressive, but when you look at it as a whole, viewed as a whole, then the disproportionate appearance becomes obvious.

One of the most proportionate physiques we have seen over the years is Mr. Universe Paul Wynter. He is five feet nine inches tall. He weighs just 188 pounds. Arms 17 inches, Chest 47 inches, Waist 32 inches, 24 inch G. He is beautifully proportioned. There is no area of his body that has been overdeveloped. Neither is any part underdeveloped. We consider Paul Wynter to be the equal of Mr. Peewee's ego, Steve Reeves. Judge for yourself. And we are proud to say that he did it with the help of HERCULES. Yes, he used these very principles to build his body.



PAUL WYNTER MR. UNIVERSE

TENSION AND THE BODYBUILDER

When working out, all the athletes should try to stay away from over-exercising. Over-exercising will lead to tension. Tension will cause the muscles to become very tight. This causes energy to be lost. The more the muscles are kept in a tight position, the more energy is lost. A relaxed muscle is a healthy muscle. Hard work we can stop it before it starts.

You Can Beat Tension and Relax

There is no need to exercise until you are exhausted. It is better to exercise for a short time than for a long time. Half is enough.

If the muscles are too tight, they will not work properly. They will not be able to relax. A relaxed muscle is a healthy muscle. A tight muscle is a tired muscle. A relaxed muscle is a happy muscle.

Relaxation is the key to success. It is the only way to keep the muscles from becoming too tight. Relaxation is the key to a healthy body.

It is important to remember that the muscles are not meant to be tight. They are meant to be relaxed. In which case it makes for less efficiency instead of more.

The human body is a very fragile thing. When we are exercised, it is very easy to become strained. Even the most ordinary effort.

Most athletes do not realize that the muscles are not meant to be tight. They are meant to be relaxed. Nothing to worry about.

When the muscles are too tight, they will not work properly. They will not be able to relax. Out of gear.

What is the remedy?

First, it is important to remember that the muscles are not meant to be tight. They are meant to be relaxed.

The human body is a very fragile thing. When we are exercised, it is very easy to become strained. Even the most ordinary effort. Energy is replenished, preserved and maintained.

Every muscle has a few fibers which contract and relax. On this system, the base flexion or power of the muscles concerned as they go into action.

The same is true of the human body. The stress and strain of a working day. There are no margins of safety. The only way to keep the muscles from becoming too tight is to relax. The only way to keep the muscles from becoming too tight is to relax.

The physical world has a profound impact on the mind. Not all realize the impact of the body on the mind.

Says a senior Kennedy Center Fellow, "We just do not see enough evidence that the nerves also carry messages from the muscles to the brain."

In other words, the body can teach the mind to relax.

As a person's sensitivity to physical sensations drops, the mind can relax. "If you have a headache, you can't think clearly. If you have a cold, you can't do anything."

Next time you're sitting in a chair, try to relax your body. Just sit and breathe. Don't think. Just sit and breathe.

It's not just your body that can teach the mind to relax. It's also your mind. When you're relaxed, you can think clearly.

DEEP BREATHING

Every time you breathe, you're taking a step toward relaxation. Try it right now. Do some deep breathing.

When you breathe, you're taking a step toward relaxation. Try it right now. Do some deep breathing.

When you breathe, you're taking a step toward relaxation. Try it right now. Do some deep breathing.

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When you breathe, you're taking a step toward relaxation. Try it right now. Do some deep breathing.

When you breathe, you're taking a step toward relaxation. Try it right now. Do some deep breathing.

Try this one. Sit in a chair and breathe. Just sit and breathe. Don't think. Just sit and breathe.

Let your feet join in. Moving up the body, do the same with the legs and arms. When you're very relaxed, let your head join in. Now you're floating.

A naturopath tells us that once a muscle has started relaxing, it is not interfered with. It goes on relaxing automatically. Relaxing therefore has more than a momentary value.

The effect is a pervasive and goes deeper than you might imagine. It loosens up the too tense muscles throughout the whole mechanism of the body. It renews lost energy and gives new poise and balance in spite of the distractions and worries of an exhausting day.

MIND CONTROL

2. The psychophysical way. Mental control should be combined with what has just been said about speedy relaxation through muscular control.

1. Speeds the process. While you are trying to exercise bodily relaxation, you must also speed the mental relaxation by exercise. You must acquire at least some control of your mind.

BUT HOW? By deliberately filling your mind with thoughts that are the very opposite of the frightened, the despairing, the panicky.

8. Play the game. You must not a complete amateur in your attitude. Play, but play wisely. Play with

calm, just as a child plays to get to face the anxieties which surround the heavy games you have already taken you for at times at the end of your tether. So, in these ways, you

8.1. calm, just as a child plays to get to face the anxieties which surround the heavy games you have already taken you for at times at the end of your tether. So, in these ways, you

control your mind. It won't occur to it that you tense the rest, the right way to approach. The answer is two fold: impatience or fear.

First let us consider impatience.

We all know the restless impatience of a worker always in a hurry trying to do everything at once. You achieve very little. You end up with nothing of expending a great deal of nervous energy. It increases. We must be creative in energy. We need a new approach. Bill Hagan, the famous golfer, said in a television game concert life is a snapshot only the one you are playing. I have been pressed because never allow myself to think of what comes next. This helps my play besides enabling me to feel securely and relaxed.

There is wisdom in this. If you have a busy, distracting day ahead of you, when things can all too easily get out of control, don't allow yourself to be frustrated. Don't fret about "How am I ever to get through this day?" Calm down quietly and plan the day carefully. Take things one at a time, thinking of nothing but this one thing only and giving it your undivided attention. This will ease the tension and will leave you less fatigued at the end of the day besides making a far better job of everything.

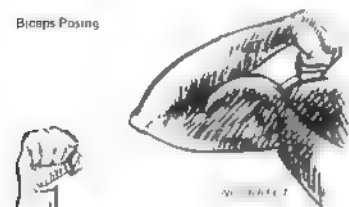
HINTS ON POSING

How to Pose Your Arms

The arm is probably the most impressive part of your body. You can't even begin to disagree with this, but it's just as true that it's just as easy to see that no other body part has. But a well-developed arm will look twice as good if it is posed correctly.

100% 100%

Biceps Posing



100% 100%



INCORRECT



CORRECT

EXERCISE NINE

Situps 3 x 15

Upper Stomach Muscles

1. Lie on your back, knees bent.

2. Arms outstretched forward.

3. Commence to sit up as shown in illustration.

4. Lower slowly with rounded back in reverse.



ILLUSTRATION 9

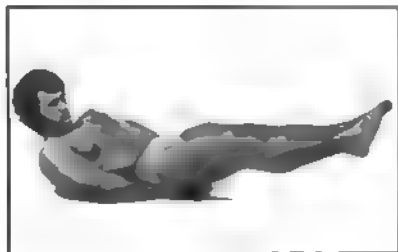


ILLUSTRATION 10

EXERCISE TEN

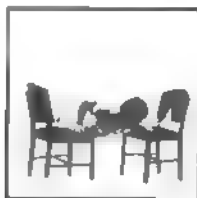
Leg Raises 3 x 15

Lower Stomach Muscles

1. Lie on your back, hands under your head.

2. Raise and lower legs together.

3. Do not allow feet to rest on the floor between repetitions. Raise, lower and repeat 3 x 15.



1 Hercules Dips between
Chairs - 4 x 10



2 Reverse Chair Dips
- 4 x 12



3 Calf Raise - 3 x 20



4 Box or Leg Squat - 3 x 60



5 Lateral raises - 3 x 1



6 Jackknife Floor Dips
- 3 x 15



7 Single Leg Biceps Curl
- 3 x 35



8 Triceps Floor Dips
- 3 x 10



9 Situps - 3 x 15



10 Leg Raises - 3 x 15

FOR THE TOTAL FITNESS

Here are a few musclebuilding tips which you may find helpful in building your body. You Get From Your Workouts Only What You Are Prepared To Put In.

Don't ever deny the fact that you are not building muscles. You get out of bodybuilding only exactly what you put into it. Train like a man to be a man!

Don't just give yourself your workouts physically. Give your mind too. Train intelligently. Eat sensibly. Resist the Hercules advice to the letter and you will succeed. We will go so far as to say that you cannot fail.

Watch Your Muscles Grow

When you are building your muscles growing. Concentrate on the muscle you are working. Take proper form and technique. You may even think you may be doing things quite right, but you may be doing things just wrong. Concentrate in what you are doing.

Tense Your Muscles

A full muscle size and definition can be forced into your muscles if you make a habit of tensing them while exercising. Flex your muscles while doing your arm exercises. Push up against your chest while doing the dipping movement. That helps to make you the kind of man you always wanted to be.

Get A Good Tan

A good tan enhances your appearance tremendously. Due to the sunbathing so that your skin gets a good tan. It is a good idea to use a good suntan lotion. Your skin will be healthy which is a good thing. More of the tan will appear in a short period.

Get A Little More Protein Every Day

We've already discussed this. We've told you that it is essential for the building of muscles. Get it right with a little knowledge. Protein is an important part of your diet. Get it right by eating it in the right way. Try and consume a little bit more protein every day. You can find it in many different places. Protein is a part of your diet. It is a part of your diet. It is a part of your diet.

Here's How To 'Break' A Sticking Point

It happens to all of us. Your progress comes to a halt. Go back a few days. Sometimes it is a problem. Wait a few days. Your progress may be due to the fact that you are stale. You may be overtraining. Even overtraining. Take a week off from training. Resume again after the week of extra rest. You may have your old progress. You will start to grow all over again.

Hair On The Body

Bodybuilders usually shave the hair off their bodies (with a razor) just before a photo session or a bodybuilding contest. The muscles show up better when excessive hair is removed. If no razor is up to you, what do you shave on? Body hair on the back of the torso gives you a look of strength or masculinity.

Arms and Wrist Size

How big can you build your arms? The answer is a half dependant upon your wrist size. If you have large wrists, then you will experience bigger & very big arms. An average wrist of 7 inches will give you an arm about 2 times bigger than your wrist. Remember that you can expect to take 15-20% more muscle than the size of your wrist. It will be fantastic. As a general rule, it is hard to know what size of muscle you can build by using your wrist measurement only? 19



HOW TO IMPROVE YOUR PERSONALITY AND SEX APPEAL

(Written for Hercules II by Gino Edwards N.D.D.)

What is Sex Appeal?

Sex appeal is a very important quality which can be found. As we progress in life, we become more aware of our own body and personality. Our personality is enhanced and developed. Personality and sex appeal is all about

What? It is a very important quality which can be found. As we progress in life, we become more aware of our own body and personality. Our personality is enhanced and developed. Personality and sex appeal is all about

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Personality Test

Page 1 of 1 Prepared by: [redacted] Date: 10/10/2018 Time: 10:10:10 AM

2. Personal confidence: Believing in yourself and what you do!

3. **Enthusiasm** - The ability to get yourself motivated and spur others on in greater effort.

4. **Patience** Being able to wait for those ~~adder~~ things to come ~~down~~ one at a time

Objectives: Being able to produce a relaxed and optimistic atmosphere in interviews

• Why? A: to be a fully engaged & empowered member

7. Yes, I do [I would like to be a part of the new city.]

Q. Did you know that the defendant was a member of the R.I.C.?

a head start on a luckier but more morbid man.)

$\Delta W = k_B T \ln \left(\frac{1}{1 - \exp(-\beta \Delta E)} \right) = k_B T \ln \left(\frac{1}{1 - \exp(-\beta \Delta E)} \right) = k_B T \ln \left(\frac{1}{1 - \exp(-\beta \Delta E)} \right)$

11 **Application** *Find the maximum power that can be delivered to the load in the circuit shown in Fig. 10.10.*

12 (f) If you're stuck for ideas, ask your friends or family members what they would do if they were in the sole company of a stranger?)

3. **Future** — It is important to have a plan for the future. In carry enthusiasm for any projects.

14. *What is the main purpose of the passage?*

7. ...genius. A very intelligent person who scores yourself comparable with what you think is the
... you are ... score yourself with for an genius.

H Courage (In the face of big odds.)

17 **rigorously** Are you sure you do not think for yourself?

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

opens the door to easier progress along the road

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

What Destroys Sex Appeal and Personality?

He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it. He is a man of great energy and vitality, and his personality is so vivid and so full of life that it is impossible to imagine him without it.

Q. x r p y k t y j n x n o w e x a z w h o y h m n d v There's no rest time as in praise given for high marks!

1. Lack of Vanity (Dullness)
2. Poor Health (Bad living habits)
3. Inattention (Leading to ignorance)
4. Timidity (Introversion)
5. Lack of Originality (Imitator)
6. Lack of Social Sense (Self-consciousness)
7. Lack of Self Control (Over indulgence)
8. Self Disgust (Causing embarrassment and blushing)
9. Self Indulgence (Obesity etc.)
10. Awkwardness (Over self-consciousness and carelessness)
11. Conceit (Unfounded egotism)
12. Timidity and nervousness (Age related kind look of fear)
13. Lack of self-justification (no concept of self-worth)
14. Selfishness (egoism) (egoism) (selfishness)
15. Self Consciousness (Lack of success)
16. Lack of self-justification (no concept of self-worth)
17. Sense of Disappointment (Defeatism cynicism etc.)
18. Lack of self-justification (no concept of self-worth)

WHAT DOES IT ALL MEAN?

Q. w i t a h o f y c o n e p t x h a s t a k e n w y a n w i l o n d h m d n s

Major Purpose of Sex Appeal: to attract the opposite sex for the purpose of reproduction and the joy of sex. It is a natural instinct of all humans. It is a success of life and sex is a part of it.

]

Article written single time, we have to find the correct answer. The correct answer is 'single' because it is the only one that fits the context of the sentence. The other options are 'multiple', 'various', and 'several', which do not fit the context.

]

What you do with enthusiasm and determination.

All men basically are motivated by twelve things in life:

- 1 Self preservation
- 2 Love
- 3 Sex
- 4 Anger
- 5 Fear
- 6 The desire for money and material gain
- 7 Freedom of mind and body
- 8 The need to be considered worthwhile
- 9 The need to be respected by others
- 10 The desire for immortality (To be perpetuated after death)
- 11 The need for self expression
- 12 The need to constantly strive for personal fulfillment

What is the main purpose of the text? The main purpose of the text is to list the twelve things that motivate all men. The text is a list of twelve items, each preceded by a number. The items are: 1 Self preservation, 2 Love, 3 Sex, 4 Anger, 5 Fear, 6 The desire for money and material gain, 7 Freedom of mind and body, 8 The need to be considered worthwhile, 9 The need to be respected by others, 10 The desire for immortality (To be perpetuated after death), 11 The need for self expression, and 12 The need to constantly strive for personal fulfillment.

your progress

Don't give up. Keep going. The only way to success is to keep going. Don't give up. Keep going. The only way to success is to keep going. Don't give up. Keep going. The only way to success is to keep going.

8 Please see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book.

9 Please see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book.

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14 Please see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book.

15 Please see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book.

16 Please see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book.

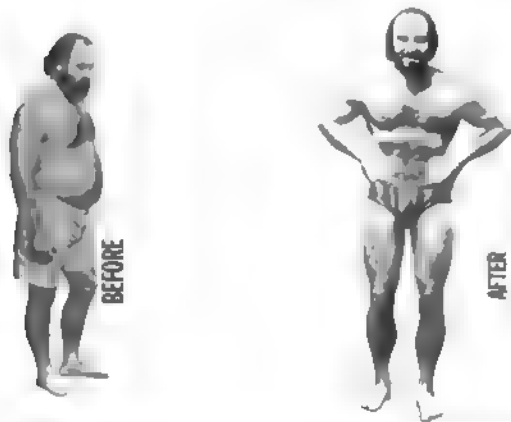
17 Please see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book.

18 Please see some of the other exercises in the book. Exercise 10 is a good one. It was a good idea to see some of the other exercises in the book.

20 Be just like B. you will have a good time. Then you will become a good talker.

to make
the four
with
and
thing

that will turn a woman off



We make a case for allowing you these rights before and after presentation. Here is Paul's story. We have put his story in a very good reason, so that a not over-weight person can take heart and be enthused by his example.

pt is reminding you of this man we found at the event is the the Heracles. I am am

Look at his BEFORE picture on the left. He was covered from head to foot in ugly fat and it's obvious
 weeks later. For a few overweight and fat he put off and on I was ready to give up. Now look
 at the AFTER picture on the right. A few short weeks and 67 lbs lighter he looks great. Wasn't his
 work he just decided to follow the HCG diet and get better.

IT CAN BE DONE IT WORKED FOR HIM AND IT CAN WORK FOR YOU

If you are still overweight, stick to the Hercules II diet recommended. It really does work and here is just one puppi who has proved it.

Step Five

Smoke while you add this dose. Now smoke from Tuesday. So it's easier to stay from your stop smoking day. You have to get up in your mind on RFA. You're thinking it's but quietly put in your mind to stop next Tuesday or on a Tuesday or any other day. When you decide to quit, you have to build up as much momentum as possible.

Step Six

Tell all your friends and relatives that on such and such a day you will quit smoking. Make a big thing of it. That way you will be encouraged to start smoking on that day. These are the steps.

Step Seven

When the journey's difficult, think of the five reasons you quit as an exercise.

- (1) You preserve your health and lengthen your life
- (2) You are free of the dictatorship of cigarettes
- (3) You're able to do more things with less effort
- (4) You have more money to spend
- (5) Your senses become sharper, increasing your enjoyment of life

By giving up smoking you are making a present of many positive pleasures to yourself.

Your sight improves, you are not as tired as you thought. You can read a book more easily. Your heart's first project like used to find tastes good again. Kisses are fun and more again. Your body is strong. Your sense of touch is heightened, improving your coordination. You have a keen sense of taste. Your skin looks fresh again. In short, life is fun.

Step Eight

Some don't,

- (a) Don't take drugs. They are a big temptation if you're a
- (b) Don't substitute a pipe for cigarettes
- (c) Don't give away any smoking. This people's cigarettes
- (d) Don't let that you stop smoking and expect that to make them happy. They will keep you away
- (e) Don't let that you stop smoking and expect that to make them more interested

Step Nine

Once you have decided which day is Stop Day, visualize yourself for any conditions that may arise. Be prepared to decline offers in any situation.

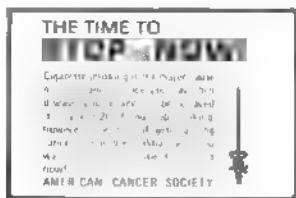
Review of Steps

1. Get serious
2. Pick a time to quit on a weekday preferably that you are going to stop smoking
3. Give yourself only a 5-day "grace" time to stop smoking consistently every day
4. Say "I choose not to smoke!"
5. Build up a real desire to stop – don't quit yet!
6. Tell your friends that you will stop on a certain day
7. Consider the five freedoms you gain
8. Bear in mind the important "Don'ts"
9. Prepare yourself for the "Stop Day"
10. Don't celebrate with even a puff of a cigarette
11. Find a partner to quit with
12. Write down your reasons for quitting
13. Smoke heavily on the eve of "Stop Day"
14. "Stop Day" – destroy all smoking equipment
15. No exceptions.
16. Don't give in
17. Gone forever. Congratulations!
18. Your main reason – cancer

Burger's Disease

This disease exclusively knows to smokers. Look at the record: Of 1000 tested cases, every single one was from New York. Mt. Sinai Hospital checked 1400 cases in 14 years – 400 were smokers. The disease occurs in the excretory tract, that is the human toilet. Patient 1 had the first "filter pipe" in his toilet. When the second smoker checked in on the same day, he sets a trend, and the third and fourth smokers or people follow suit. Because the population is greatly reduced, or even stops altogether, "Burger's" is not a common disease.

You have decided that you are going to give up smoking some time soon. Giving up smoking will open an exciting new world of freedom to you.



Bear in Mind

- Smoking can cause ulcers.
- Smoking can cause heart disease
- Smoking can kill in circulatory diseases
- Smoking creates over acid condition in stomachs.
- Smoking damages your digestive system
- Smoking injures the liver
- Smoking causes respiratory ailments
- Smoking injures tubercular patients.
- Smoking causes additional problems for diabetics
- Smoking aggravates an overactive thyroid gland
- Smoking cuts down your endurance
- Smoking can cause blindness
- Smoking spoils co-ordination
- Smoking creates nervous tension
- Smoking contributes to certain types of deafness
- Smoking spoils the complexion and causes skin ailments
- Smoking stupefies the brain.
- Smoking causes an earlier death
- Smoking can cause hardening of the arteries
- Smoking causes lung cancer, mouth and throat cancer
- Smoking causes Buerger's Disease



HERCULES II

(Apollo - Power - One)



lesson **9**

lesson **10**

LESSON NINE

HERCULES BENDING OVER AND RAISING LEGS

EXERCISE ELEVEN

Bent Over Leg Raise to Rear

(Lower Back, Hips)

3 x 18

1. Adopt position as shown in illustration
a) resting on chair or table top
2. Raise left leg to rear as high as possible
keeping body still
3. Raise right leg in similar fashion 18 reps

Illustration

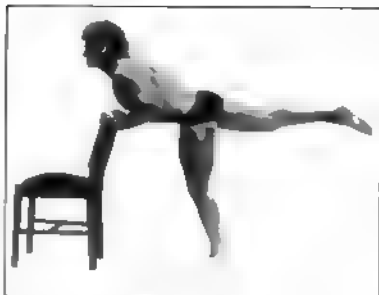


FIG. (4)

The last two lessons have advised that you perform your exercises in pairs following the HERCULES burning system. You are to still continue this alternating technique as laid out in Lesson 7.

THE next exercise is Bent Over and Raising Rear as the exercise is to be done at the end of the schedule.

As you can see, the exercise is simple and can be done in a few minutes. It is a very effective exercise for the lower back and hips.

As you can see, while following lesson nine you may like to try this variation of the milk diet mentioned in the previous lesson #8.

Breakfast

Cornflakes or Raisins

Dist. jam

Mid Morning

Milk or Fruit

Two glasses of milk

Lunch

Salad, fish, meat or cheese

Two glasses of milk

Mid-Afternoon

Two glasses of milk

Two glasses of milk

Supper

Two glasses of milk

Glass of milk

Before Retiring

Sandwich

Glass of milk

Figure 1

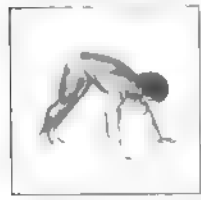


Figure 2

Figure 3

HOW TO POSE YOUR BODY

There are many different reasons for posing the body:

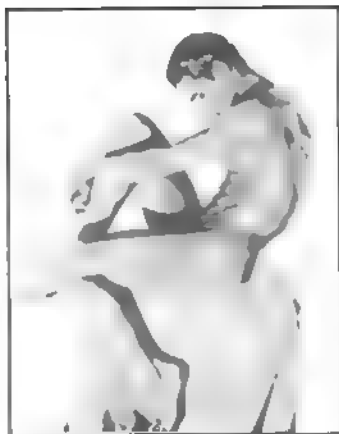
1. To display good body development and top proportion
2. To display grace and beauty of physical line
3. To show utmost physical development in the form of huge muscles with a bit sharp
4. To show tremendous awe inspiring power

Each of the above styles is quite different and no one man could pose successfully to show them all. Just as a cataloger of the same line. What's it you want to show with your pose?

Picture Number One shows the type of pose that is used by bodybuilders who have good muscle size (though not enormous) and who like to display the fact that they have balanced out their training and developed a proportionate physique. This is usually the most sought after type of build. The photograph is, of course, none other than Mr. Everything Steve Reeves. He is generally considered to be the World's most perfectly developed

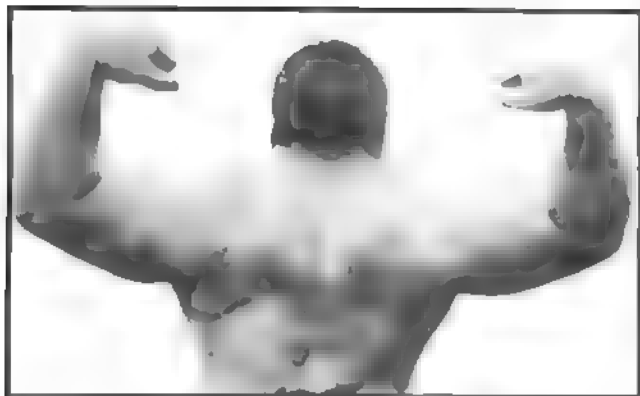


Our next model is **Tony Sansone**. This picture displays the grace and beauty of the male physique. There is no attempt to show huge bulging muscles. The idea behind this type of pose is to show how one does not need 20-inch arms to make an interesting study. Few modern day bodybuilders could look impressive in this pose.



Ultimate physical development is shown in this 'most muscular' pose by **Harold Poole**. This is the most controversial type of posing. When a bodybuilder seeks to 'pop out' his muscles in this way, the layman tends to wince and may even feel nauseated. On the other hand, this is exactly the kind of pose that wins physique contests and money prizes for men who are willing to put in the time and effort. Harold Poole knows all about how to impress physique judges. He has won his fair share of contests, including Mr. World.





The man who wants to show tremendous power is not interested in looking pretty. He has nothing to eye
 show. He has only the bare bones of a man. He is not a bodybuilder. He is not a
 how good he looks.

Get the idea? The power of the man is not in his muscles. It is in his mind. It is in his
 Anderson is the only one who can do this. He is the only one who can do this.

To be a bodybuilder, you must have a strong mind and a strong body. You must be able to
 posing. Study them carefully. Practice regularly and, pretty soon you will get the idea of how to display your
 your muscles. The only way to do this is to practice. Practice your muscles. Practice your muscles.
 affecting the muscles. The only way to do this is to practice. Practice your muscles. Practice your muscles.
 hard at first. You will not be able to do this. You will not be able to do this. You will not be able to do this.
 your physical. You will not be able to do this. You will not be able to do this. You will not be able to do this.

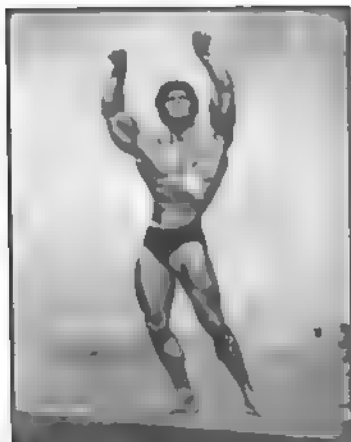
Steve Reeves

1914 - 1992

1914 - 1992

1914 - 1992

1914 - 1992



Don Haworth

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Journal of Management Education

2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 2681, 2682, 26

$$\mathbf{V}^{N+1} = \begin{bmatrix} 1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{bmatrix} \quad \mathbf{V}^{N+2} = \begin{bmatrix} 1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{bmatrix} \quad \mathbf{V}^{N+3} = \begin{bmatrix} 1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{bmatrix}$$
$$H^0(\Sigma) \cong H^0(\Sigma_1) \oplus H^0(\Sigma_2) \oplus \dots \oplus H^0(\Sigma_n)$$
[illegible][illegible]

1. **HEART DISEASE** is the leading cause of death in the United States. It is a disease of the heart and blood vessels. It can be prevented by following H.E.A.R.T.H. How do we live heart healthy? To keep your heart healthy, you must follow these guidelines. You can't **guarantee** that you won't get heart disease. There's just too many things that can go wrong. You can, however, **guarantee** that you can live longer and healthier by following H.E.A.R.T.H. **TAKE YOUR TIME**. After you follow these guidelines, you'll only have to worry about one thing: how to live long enough to enjoy your life.

2. **EVERYTHING** you do should be for a healthy and vigorous life.

3. **TAKE CARE** of your heart. It's the most important organ in your body.

4. **DO NOT** smoke cigarettes at all or drink alcohol regularly.

5. **EAT** only good wholesome foods like fresh **fruits**, vegetables, salads, fresh fish, whole wheat products, milk, eggs and nuts.

6. **MAKE** a yearly checkup with your family doctor.

7. **DO NOT** allow life to worry you. Keep personal **problems**, money, work and domestic troubles in mind. Don't allow them to take over.

8. **TAKE** time for exercise. It's the best way to keep your heart healthy.

9. **MAKE** sure that you sleep at least 7-8 hours each night.

10. **TAKE** time for your heart. It's the most important organ in your body.

11. **WORK** for and maintain good posture.

12. **TAKE** time for your heart. It's the most important organ in your body.

THERE YOU HAVE IT



EXERCISE REGULARLY
EAT WISELY
BE MODERATE IN YOUR VICES and
TAKE CARE OF YOUR HEART

Remember, it's not just your heart that's important. It's your whole body. You can't live long enough to enjoy your life if you don't take care of your heart. So, follow H.E.A.R.T.H. and you'll be able to live long enough to enjoy your life.

LESSON TEN

A New Schedule this Week

Follow the exercises in the order we have indicated. Do three sets of each exercise. Then repeat the entire set of exercises. Do this for the first three days of the week. From Thursday through Saturday, do four sets of each exercise from then on. Take a minimum of 30 seconds between sets. The more you lift, the more you will gain.

This schedule is very important for you to follow. It is designed to help you build muscle and strength. If you do not follow it, you will not get the results you want. If you do follow it, you should move on to the next mover.

EXERCISE ONE

Lateral Raise

Outer edge of the shoulder

Stand about 12" from a wall as shown in the

keeping body upright and while maintaining

at the end of the arm.

and the weight of the arm.

When you are in the position, lift the

Repeat for ten reps work both arms.

Hold for from five to ten seconds each rep.



Figure 11

EXERCISE TWO

Lag Raise Dips

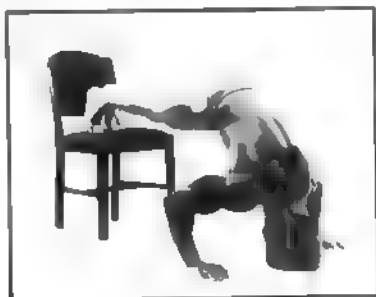
(Entire Upper Body)

Adopt the position shown in Illustration (2a). Slowly bend the arms to allow your head to touch the floor as illustrated in (2b). Push up and return to original position. Repeat for 8–12 repetitions.

Warning Make sure that you do not lower your torso too quickly. You might hit your head with a thump.



illus. 2a)



illus. 2b)



illus. 3)

EXERCISE THREE

Hercules II "Knees Out" Squat

(Thighs, hips, calves)

Hands on hips. Heels together, toes pointed outwards. Lower into a squatting position until your thighs are parallel to the floor. Raise and repeat.

Important

You must make a determined effort to lean backwards during this exercise, yet at the same time keeping the hips forward. This is an excellent exercise for not only building and defining the thighs but it will also help to firm up and trim the hips.

EXERCISE FOUR

Reverse Chair Dips

(Upper body and arms)

You have done this one before. Adopt the stance as shown in illustration (4). Now lower your body as deeply as you can by bending the arms. Push up and lock elbows. Lower and repeat. 12-15 repetitions.



illus. 4

EXERCISE FIVE

Calf Raise

(Lower leg)

Stand as in illustration (5). Raise your heels as high as you can and lower (repeat this heel raising movement quickly for up to fifty repetitions). Remember to lift the heels as high as possible to obtain maximum height. Stretch arms out in front to help balance. You may hold onto the back of a chair if you wish.



illus 5)

EXERCISE SIX

Hercules Midsection Twists

(Abdominals)

Place a rest Mr. Hercules on the floor and muscle up the broad front. It should be used to maintain posture and help get added twist during the exercise.

When maintaining this standing position:

Twisting the body in a circular motion, pointing directly in front of you. You will feel a slight twist when it happens your left arm will be facing directly backwards. Now twist back again until the left arm is pointing forwards and the right arm is pointing back. Try to keep arms facing forwards throughout the entire exercise.



illus 6)

Continue for 50-100 repetitions.

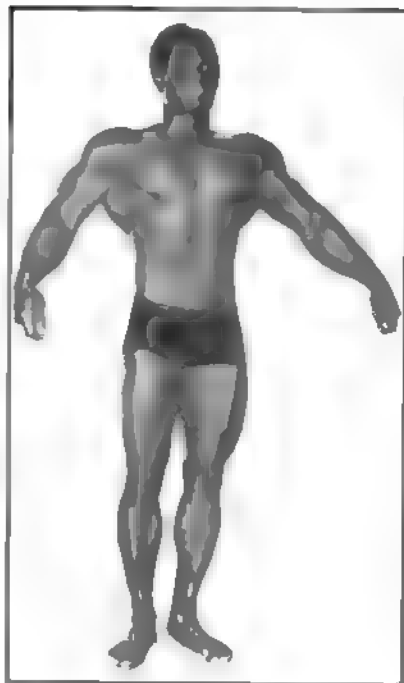
MIR UNIVERSE PAUL WYNTER

This is a photograph of fabulous Paul Wynter.
He is a Mr. Universe winner. There is no doubt

he has the best physique in the world. His muscles were the
best to greatness by this very course you are
pursuing.

Paul Wynter's advice to any normal male who
wants to shape up fast. "Whether you are cur-
rently fat or thin, young or not so young, fol-
lowing the principles of the Hierarchy of course
will help you gain weight efficiently
or lose weight efficiently."

Whether you want to gain or lose weight, sug-
gestions are given to help you progress. Then you may be suc-
cessful in your efforts.



CAN YOU INCREASE YOUR POSTURAL STANDING HEIGHT?

Of course you can! In this case these days. Many people wonder what is the permanent state of height on a minute. The answer we give to any such question is: NO! YES! you are nothing less than perfect posture you are certainly standing at improvement is possible. The answer we give to any short and poorly postured man is: YES! If you are suffering from less than perfect posture you can really STAND TALLER just by learning to stand at your full height potential with perfect posture.

This diagram shows how you can do virtually everything possible in bringing you to your ultimate height potential. It is a series of 10 exercises. When AFTER your regular EXERCISES if bodybuilding movements.

Now take a look at your spine for a moment. How is it? As you look from the side you will see that it is curved. This is a forward bend of the neck, a forward bend of the shoulders, a forward bend of the waist, and a forward bend of the hips. These spinal curves, from top to bottom, are the cervical, thoracic, lumbar, and sacral curves. Now as we know the weight of the body is heavy on the lumbar curve, and the weight of the body is heavy on the sacral curve. The weight of each body weight is heavy on the lumbar curve. They were originally and deeper than necessary.



It is a fact that the lumbar curve is the shortest, and the cervical curve is the longest. A C H E A T F O R G E T T I N G T H E H U M A N B O D Y

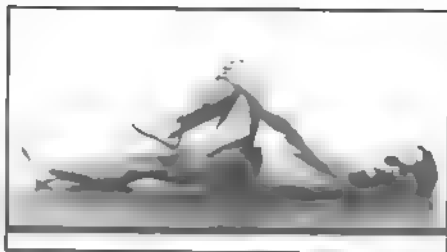
Now we know the curves. As an exercise for yourself, look at the side of your body. You will see that the lumbar curve is the shortest, and the cervical curve is the longest. Now we know the curves. As an exercise for yourself, look at the side of your body. You will see that the lumbar curve is the shortest, and the cervical curve is the longest.

Now we know the curves. As an exercise for yourself, look at the side of your body. You will see that the lumbar curve is the shortest, and the cervical curve is the longest. Now we know the curves. As an exercise for yourself, look at the side of your body. You will see that the lumbar curve is the shortest, and the cervical curve is the longest.

We should also know that the U.S. Postal Department in Washington is aware that they are not as high as they were. The reason is not that they are not as high as they were. The reason is not that they are not as high as they were. The reason is not that they are not as high as they were.

Movement No. 1

Lumbar Exercises



Repeat with right leg, then with both legs at once. Concentrate on keeping lower back flat on floor with no lifting of the pelvis. Hold for 10 seconds. Repeat 10 times.

Continue this exercise until comfortably tired. About a 10-minute session should be adequate. The spine, also slightly, the abdominal muscles.

Movement No. 2

A Simple Movement

Practicing this movement is a great way to improve your posture and strengthen your back muscles. It is a simple movement that can be done anywhere, anytime. It is a great exercise for people who are sitting a lot, as it helps to stretch the back and improve circulation. It is also a great exercise for people who are standing a lot, as it helps to strengthen the back and improve posture. This exercise is a great way to improve your overall health and well-being. It is a simple movement that can be done anywhere, anytime. It is a great exercise for people who are sitting a lot, as it helps to stretch the back and improve circulation. It is also a great exercise for people who are standing a lot, as it helps to strengthen the back and improve posture. This exercise is a great way to improve your overall health and well-being.



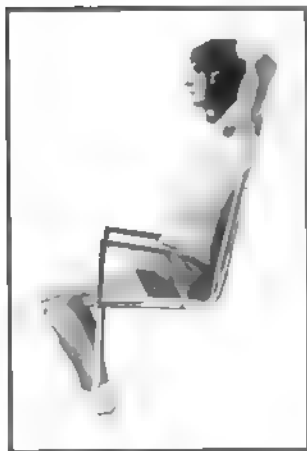
Movement No. 3

Toe Touching

Per arm as illustrated from 10-30 reps. The

exercise helps stretch the muscles of the lower back and hamstrings. As you loosen up, really let it out this exercise. You will find that the part at the top of the back of your thighs will be tight at first. In time, these may lengthen and you will feel better.

This exercise is performed by standing with feet together and arms straight out to the sides. Bend forward at the hips, keeping the back straight, and reach the hands down to the toes.



Movement No. 4

Cervical Exercise

Clasp hands behind head, elbows perpendicular to nose. Lower chin and slowly push head

back. Hold for 10 seconds. Repeat 10 times or until comfortably fatigued.

This exercise is performed by sitting or standing with hands clasped behind the head, elbows pointing outwards. The chin is lowered, and the head is pushed back, holding the position for 10 seconds.

Movement No. 5
Alternate Toe Touching

Bend smartly forward and touch left toe with right hand. Return to upright position and touch right toe with left hand. Repeat 10-30 times depending on condition.

Move up the spine, also slightly, the external oblique abdominal muscles, ham string tendons and shoulder girdle region.



Movement No. 6
The Pelvic Tilt

Lie on back with feet back to heels close to each other. Place hands flat on floor on either side of hips. Arch the lower back for a slow count of ten. Repeat 3 times.

Help to move up the spine, also slightly, the external oblique abdominal muscles.



Movement No. 7

Bar Hanging

Hang from a chinning bar (or door ledge). Place a cushion on the top of a sturdy table (or furniture) and simply hang for as long as you can reasonably hold on. This is a tough exercise, but an although a useful addition for any posture-reverse program, it is not the most comfortable stretch. Many people manage to find a pipe or a beam in their home to hang from. Daily or 2-3 times a week for 1-2 minutes stretches entire upper body.

Stretches entire upper body



Movement No. 8

Dorsal Raise

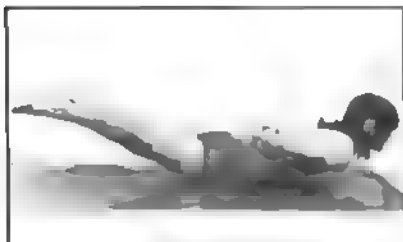
Lie on your stomach with your forehead touching the floor. Clasp hands behind your back as illustrated. Raise head, neck and chest.

1-2 minutes, 2-3 times a week

Strengthens lumbar region and acts toward

relieving low back pain caused by injury

1-2 minutes





MORE HINTS ON HEIGHT

There are other aspects apart from special movements that you should pay attention to if you wish to reach your full postural potential.

We will now spend a little time discussing some of these aspects in greater detail. This will take the form of a general HEIGHT PLAN, which we advise you to read carefully and follow.

Remember that it is worthwhile comes easy. If your present stature is less than ideal, if you work hard on this course of instruction, you are bound to get fair results in improved posture.

Of course, this is not a recommendation to use height-increasing operations as a means of cheating. Burmese women of the Paduang tribe. Brass rings are placed around their necks to induce the stretching of the vertebrae. It is not a bad habit. But it is not a good idea to do it without knowing the proper way to do it. It is about artificiality.

This age old custom, which is still practiced in the day of Burma, is a very interesting feature of the Burmese culture. Any Burmese woman who is not a native of the Paduang tribe is about 15-20 inches. In fact, if the entire spinal area were lengthened in the same proportion as their necks, these Paduang women would actually increase their overall height by 3 ft. or more! Some of them would be almost 9 ft. tall. Or like the Burmese method, this posture program is designed to



means whatsoever. We bring the matter of the Paduang women to your attention only to illustrate that the vertebrae can be stretched and lengthened.

overs. Improvement in any poorly statured man or woman.

Of course, if bones are not only recognized by a doctor as being weak, but they are also soft and fragile, health and physical well-being.

HEIGHT AND HORMONES

About Drugs

[illegible][illegible]

if you're just a few inches below average height, you may well be normal physically, but there might be some lack of growth hormone, due perhaps to a minor pituitary deficiency.

If you continue to have problems, you should refer yourself to a specialist known as a rheumatologist. They are the best people to treat your arthritis. Your family doctor can refer you to such a specialist.

[illegible]Hought and Heredity¹

517 more, should have been a *placatus* of *placare*. Yet it appears from the context that it is a verb. The

parents often do have short offspring. One may be the height, sunset or even temperature, which both bear. Quite often the more traits or characteristics, understood with height, is more a negative glare at us. Consequently, though height is certainly a desirable to some extent, it is also a desirable in short parents to have tall offspring. Accordingly, since the average person is a healthy person, it is also a height and size, (and of course there is no way of telling which one is the one we become due to) in a particular conception it can be readily understood that one may grow to almost any size without invalidating heredity as a factor in stature.

Many of our parents, yes, not guarantee that you yourself will necessarily be short. But if you are a person who is unsure to become more upright with better posture should always make the effort to be one of the things that may inhibit growth, and conversely do all the things that favor the development of a hereditary tendency he may possess to stand upright.

Accordingly, one need not feel doomed to definite shortness and short stature is required you to be a relative of a very short person. Your ancestry may help it, under your own control, but it is not a guarantee at all. At present, we are that you can act positively towards improving your current position, for it is an authority that Dr. F. B. Jones, the noted American orthopedic surgeon, has said, "It is not a matter of heredity, but of environment." He has said that such things as first behavior and environment are the most important parts. This program is based on the principle that perfect posture a far more can be influenced hereditarily by taking positive steps towards reaching that stage.

Your Thyroid Gland

Dr. R. Stockard of Cornell University Medical College says, "The thyroid is essential for growth from infancy to maturity, very probably the thyroid is no longer a factor in growth after maturity, but it may affect things and so may growth rate, but the thyroid is primarily important in growth, and it is the thyroid gland, which is the gland of growth, and it is the thyroid gland, which is the gland of growth, and it is the thyroid gland, which is the gland of growth." And it is the thyroid gland, which is the gland of growth, and it is the thyroid gland, which is the gland of growth.

Dr. R. Stockard, the thyroid gland is mainly responsible for growth, and it is the thyroid gland, which is the gland of growth, and it is the thyroid gland, which is the gland of growth.

Assuming that you are poorly postured at this moment, then you are better off than at by knowing the reason, and the reason is that you are not. Assuming as you are a normal person, we can help you 100% if you should have any organic problem or anything physical, we can help you, we can help you to consult your physician and get his okay before you start this plan.

As you will notice, our plan consists of steps which you should take to contribute your improvement in increasing your posture. Pay attention to each and every recommendation and you will be doing virtually everything in your power to increase stature and perfect your posture.



*STEVE REEVES SHOWS THE KIND OF SUPERB PHYSIQUE THAT IS
BUILT FROM DEDICATION TO REGULAR SCIENTIFIC TRAINING*

HERCULES II

(Apollo - Power - One)



lesson **11**

lesson **12**

Curt Haywood won his division of the Mr. World contest in Columbus, Ohio. His physique is the result of a sound training, the Non apparatus (Hercules I) weight lifting, gymnastics, strongman and jumping and running.

Curt says that he practiced the HERCULES I principles to aid his muscular development in the Navy.

What a physique



How to Get a Better Tan

A good tan is a very important thing with a person. He should be able to get a tan that is

dark and even and that is the best. The best way to get a tan is to use a good tan cream.

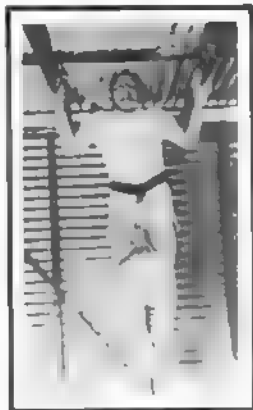
1. Wait until you are very hot and then go to the beach. If the sun is very hot, you should wait until you are very hot and then go to the beach.
2. As a bodybuilder you should take care to get the upper body very well tanned. (Raise arms while lying on back)
3. Sun creams will not help you tan faster. They may slip off and be very irritating to the skin.
4. You cannot get a natural tan through glass. Use a special glass. (The trade name is Vitaglass)
5. Don't squint when you are sunbathing. It will cause you to get a tan on your eyes.
6. Creams that are sunbathing are very good. It keeps the skin moist.



George F. Rowett on first hand shoes



Mr. Phyllis on first hand shoes



Mr. Phyllis on first hand shoes



Fig. 1. A man in a white lab coat standing next to a vintage car.

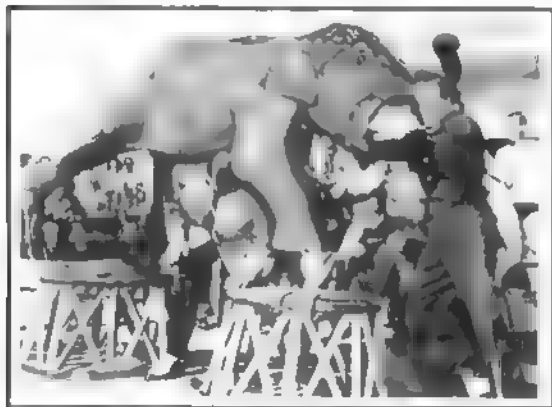
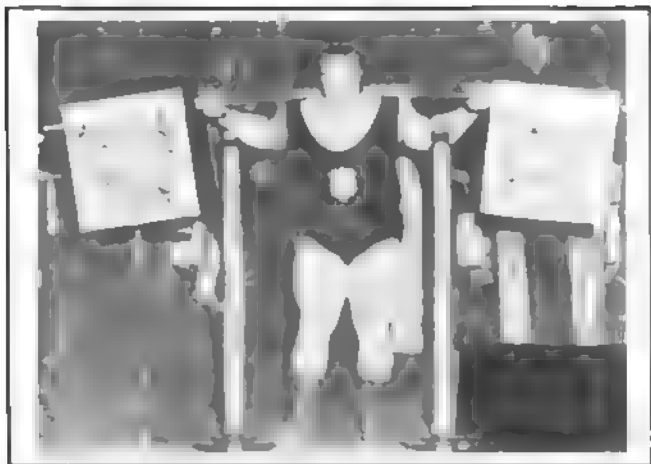


Fig. 2. A man in a white lab coat standing next to a vintage car.



Paula holding an iron string with 550lb. 10 weights by 10lb each



Paula holding 500 lbs. of 10 lb. plates



Paula holding 500 lbs. of 10 lb. plates



*Vinie Gironda at the age of 50 looks a better shape than most fellows half his age.
That is what regular exercise can do for you.*

Water and Your Body

Before we enter this session, we should like you to recognize the tremendously important value of it in drinking water.

It is a good idea to get involved in the regular drinking of pure water, as much as 8 glasses a day. Water is the universal solvent. It helps to flush out the impurities of the body, washing the waste from the stomach and ultimately cleansing the kidneys.

Do not drink excessively at meal times. An occasional sip at this time is enough. Always avoid quenching thirst with water, especially when hot. Sip it slowly, mixing it with the saliva of the mouth. Also, do not drink ice-cold water. It can shock the stomach and cause havoc with your digestive process. Always have a glass of pure water handy on your desk at work, etc. It can do you nothing but good.

Be prepared for Lesson No. 12. It is tough. Also we show you how to perform impressive strength feats of your own. So train hard and C-O-N-C-E-N-T-R-A-T-E!

LESSON TWELVE

This is your final schedule of Hercules II exercises. If there is one thing above all others that we would recommend to you as a successful muscleman and possible future physique star, it is that you train regularly. Have you trained regularly? Did you skip workouts? If you did, then you will not have made the same progress as you might have if you had maintained your regular three times week training.

On the other hand, if you trained exactly as we laid down, if you followed our musclebuilding advice to the letter, then you will have made tremendous progress. But in order to have made this progress you will have eaten more food than previously. You will have had adequate sleep and rest, and you will have had sufficient P. R. O. T. E. I. N. Remember protein is what muscles are built of. You simply cannot make musclebuilding progress without an adequate supply to feed your body's needs.

At this point in the Hercules program, it is a tough job. You are going to sweat it's week. You are going to get going a very hot workout for mercy. But you are going to come through a winner.

Try to do 3 sets of each exercise at your first workout. Build up to performing 4 sets of each thing as you reach the point of high exercise as is possible without strain.

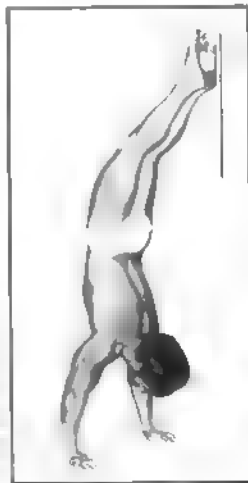
EXERCISE ONE

Handstand Pressups

(shoulder, chest and arms)

Place your hands about 33 inches from a wall and kick up into a handstand. Once in this position you may open your legs if you wish (it may help your balance).

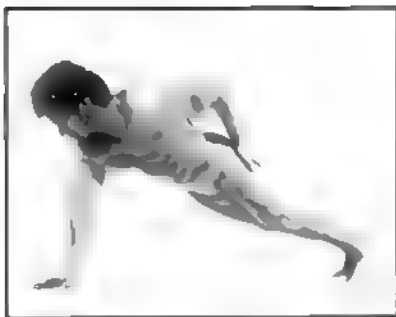
The exercise is to do it slowly in case you might flatten your nose against your face without touching the floor. Then return to the handstand properly by straightening the arms. Repeat for as many repetitions as you can do without strain. Warning: if you lack the strength to lower yourself completely then simply perform the exercise by lowering your body halfway in every lift. Gradually you will get strong enough to do the full form this exercise the correct way easily.



(illus 1)

EXERCISE TWO

Single-arm Floor Dip
arms and chest



(illus. 2)

begin with the torso in a vertical position with your right arm straight down to the floor. By bending your right arm, your chest and arms will rise. Work on the straightening of the arm until it is straight again. Repeat with the hand holding the back of the right thigh. 1 to 15 repetitions (separate the arms apart if together.)

EXERCISE THREE

Reverse Chair Dips
chest, arms, shoulders, back

Adopt a position as shown in illustration 3. Lower and raise the torso rhythmically by bending the arms fully and returning to the straight arm position. Repeat until comfortably tired. 10 to 25 repetitions.



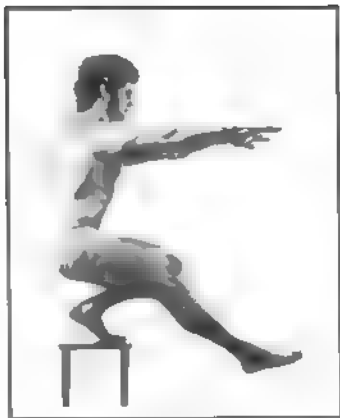
(illus. 3)

EXERCISE FOUR

Single Leg Squat

(thighs)

Stand on a bench or chair with one foot. Squat down slowly on that one leg and return to a starting position. Use arms for balance. Don't forget to work each leg. Anything from 5-20 repetitions. (Illustration 4)



(illus 4)

EXERCISE FIVE

Chair Forearm Pressups

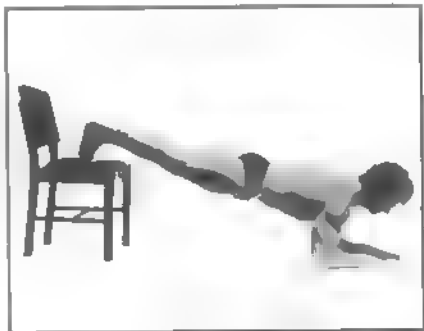
(arms)

Exercise 5 is shown in Illustration 5. Press up until the arms are straight. Lower and repeat.

If you have difficulty in getting started with this exercise, then rock your body forward at the commencement of the movement.

Alternatively you might find it easier to start this exercise with straight arms and consequently you can lower forearms to the floor quickly and 'bounce' back into the straight arm position.

Repeat for up to 20 repetitions.



(illus 5)

EXERCISE SIX

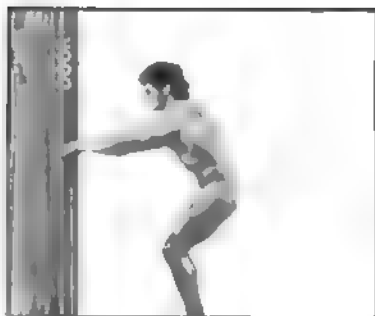
Doorway Pulls

(back)

(a) Hold onto door handles of a sturdy door as illustrated (illus. 6).

(b) Pull hard on the handles with both hands so that the strain is on the large upper back muscles (lats).

(c) Perform up to 15 pulls each set.



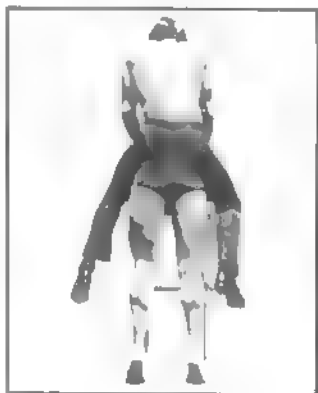
illus. 6

EXERCISE SEVEN

Donkey Calf Raise

(lower legs)

Adopt a position as shown in illustration 7. Your body is bent over parallel to the floor, hands supported on a bench or stool. Have a partner sit on your lower back to add resistance. The exercise is to raise the heels up and down (as high as possible) so that the calf muscles are worked strongly. If you find 20 repetitions easy, then place the toes on a couple of thick books so that the calf obtains a greater stretch when the heels are lowered.

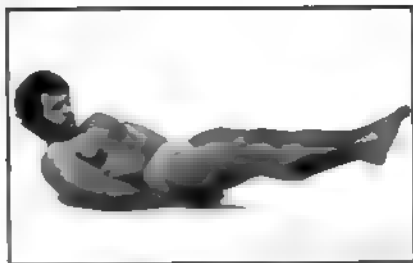


illus. 7

EXERCISE EIGHT

Leg Raise

{waist}

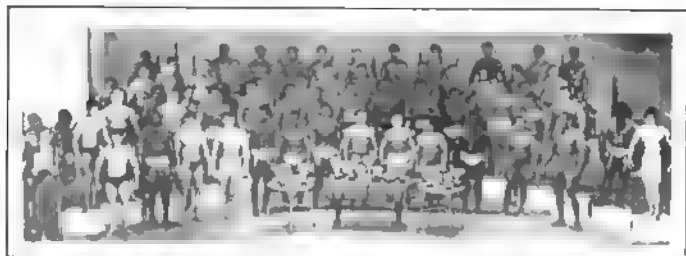


(Illus. 8)

Lie on the floor with hands tucked underneath seat. Raise feet from floor slowly. Lower and repeat. Aim to build up to 30 repetitions.



Another artist: shot at perfectly proportioned Mr. Universe Paul Mervin



Here's the impressive line-up at the annual NABBA Mr. Universe contest held in a hall in England each year.

PHYSIQUE CONTESTS

Regardless of your age, you may enter Physique Contests. Needless to say, you need to have some muscle before you enter, so there are plenty of novice contests held regularly for those who wish to show off their huge muscles as yet.

A friend invited me to be a spectator at a couple of *bodybuilding* contests. I was only a novice at the time, but what is expected of you and you will be better prepared when I discuss your physique in a few months. Physique contests are usually sponsored by your local Y, M. C. A. Gymnasium or by a local newspaper. MUSCULAR DEVELOPMENT lists a directory of contests each month. Study these and you will know to date where and when bodybuilding shows are held in your area.

If you only enter novice contests, then you will find contest preparation easy. You will have a few months to prepare. Start training with a contest in mind. You are going to train extra hard so that you are in peak condition for that big day.

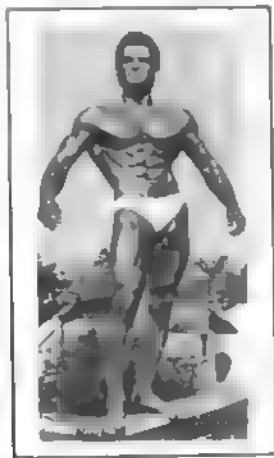
Usually there is no muscle wastage in the way you train as the contest is a few weeks away. The only variation is in the diet. Generally speaking, you will be on a low-carbohydrate diet, eating only lean meat, vegetable, bread, milk, eggs, starchy potatoes, etc.

However, unless you have already defined muscles, virtually existing through diet, you must change your eating habits as the contest day approaches. Eat only bread, milk, eggs, starchy potatoes, reduce your carbohydrates to a minimum. During the last month or so, usually you should eat only bananas, bananas, potatoes, breads, cakes, cookies, etc. Even milk should be reduced and eventually stopping entirely during the last two weeks or so. Eat more fat, free meats, fish, eggs, cottage cheese, sunflower seeds, poultry and light salads.

During the last 2-4 weeks some bodybuilders train 5 days a week, but during the contest they train even more. Many of them in these final training periods feel that they are working out with a very low intensity and are exhausted. This is not a healthy condition, and few bodybuilders can determine this. Contest preparation is very long.

It is still a fact that the vast majority of bodybuilders today train only three times a week with at least a full day's rest between sessions.

When you enter a Physique Contest you are automatically expected to adopt the best possible Physical Training Program. It is up to you who is chosen to represent that organization well. It can be said that you are the guy who gets the judges nod. Best of luck!



Super physique Vince Gironda has won his share of physique contests. He has a fantastically proportionate body.

He is also considered one of the greatest arm and chest builders in the world. He was a very successful gym on Ventura Boulevard in Hollywood, Angeles, California.

FIRM UP YOUR FACE



Right: Looking slightly down and to the side, as if you were about to kiss someone.

The face mirrors our emotions, conveys our thoughts and makes people like or dislike us. In one way we use it. Since your face is composed of muscles, skin and nerves, just like the rest of your body, has it ever occurred to you that it could be a little more supple and more expressive?

Your face is the most important part of your anatomy. It is the only part that is constantly on display. By far the largest part of our lives is spent fully exposed. Our friends and strangers judge us by what they see on our face.

The face expresses emotions and conveys our thoughts. When you go for a job or have an important business interview, your face is under close observation and your abilities and character are largely judged by what your face reflects. And the chances are, what you see in your face is not always what you intend to express. So let's give the face a little love.



LEFT Start puckering the lips as if you

were about to kiss someone. Then, without

though trying to touch an object a few

inches away, slowly relax the lips.

Repeat this exercise several times.

RIGHT Now relax the lips and

the face. Then, without trying to



With the first movement we form a horizontal line, with the corners of the mouth pulling them in the opposite direction, outward away from the center. The second movement, with the tongue held in place, the horizontal movement of the face is out.



At left and right we illustrate a chin builder which also benefits the mouth, making it more expressive. Keeping the teeth closed tight, force the chin muscle downward with all your willpower and hold it there, as in photo at left. Keep the upper part of the face relaxed. Now force the chin muscle upward, as in photo at right and hold. After you have learned to control this movement try a brisker routine. Do four very slowly then eight fast, and so on. In several moments your chin will ache from the effort and soon you will see a marked improvement in the size and contour of your chin. A strong chin improves any man's face. This exercise will help you make the most of your chin.



We know that when we see a man's face the only first thing that strikes us is his eyes. If they are not big, open, clear, bright, and intelligent, we do not look at him at all. But at the same time

But how about the face?

The biggest thing about the face is that by it alone a man can be called handsome or ugly. He can be called a handsome man and handsome women will love him. He can be called a handsome man and handsome women will love him. He can be called a handsome man and handsome women will love him.

What is the secret of a handsome face? It is not the eyes, but the face. The face we can so consider the secret of a man's attractiveness. It is the face that makes a man handsome or ugly. It is the face that makes a man handsome or ugly. It is the face that makes a man handsome or ugly.

At least to some extent

Far from being a great improvement the complexion and features of a man's face are not the only or the best. We should remember that good skin is just as attractive on a man as it is on a woman. Anybody who has had a good nose look at Steve Reeves. He is a handsome man. So is a man with a good skin. It did its part in making him a perfect man. A man's just picture shows through skin and through the skin on which we have placed him begins to totter a little.

The expression of the eyes comes from the soul revealing the quality of our spiritual development which is far too deep a subject to go into here. But the mouth is purely emotional and can be improved in shape and its expressions brought under control through exercise. The mouth is a large circular muscle with a hole in the middle like a doughnut. It is very flexible stretching to an opening the size of an orange and contracting to the size of a pea. When this muscle is well exercised the lips become full and very expressive in conversation. When not cared for the mouth muscle will show every bit of strain and nervous tension the body is subjected to. The lips will be light and colorless and there may be fine lines running from the nose to the corners of the mouth.

The muscles around the eyes also respond in exercise as do the forehead, cheeks and chin. The muscles around the eyes are closely connected with the nervous system and since the skin is very thin this gives nervous reaction brought on by strain, worry, loss of sleep, etc. You may see enlarged nerves eating up fatty tissues and when we dissipate we lose loss of fat under the thin skin around the eyes that makes those terrible hollows, dark circles and bags. Facial exercise may help control the loss of fatty tissue by building up the appearance of your eyes, and of old you will find the difference so amazingly evident. You find that the skin is young and the lack of it in the aged. You can also retain it's youthfulness by exercise and augmented circulation and help keep your eyes young looking.

The chin is also a muscle and can be made larger and handsomer by exercise. Of course the jaw and chin are greatly affected with the size of your chin and if the nose is weak and lacks in your jaw then the development is just going back. But I have seen remarkable improvement in the face of a girl in a few days by using the chin muscle to make size and prominence.

The first two photos illustrate an exercise that is wonderful for developing the mouth muscles and the second some exercises the entire face if you do it properly. It will help lift the brows and build up the jaw keep the firm fullness of youth in the cheeks. The second two photos illustrate some of the work that so benefits the mouth and neck.

So don't just aim to build the muscles of your body. Give your face a chance.



YOU CAN TEAR A TELEPHONE BOOK APART WITH YOUR BARE HANDS!

Put those muscles of yours to work. Teach them how to tear a telephone book apart with your bare hands. It's easy if you know how, and you don't have to be a superman to do it, either.



There are few sports that are more impressive than ripping a large telephone book apart with your bare hands. This feat takes a combination of strength and know-how. Especially important is strong gripping power in the fingers and joints. However, if you don't know how to go about doing this feat, your strength in the world won't do you much good.

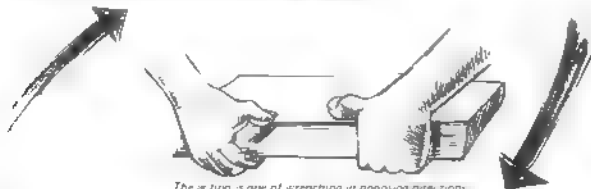
Bodybuilders already have strong gripping power because of all the grip-building exercises they do. The **MERCURIES** routine will give you the basic strength needed, but squeezing off tennis balls with your fingertips is also a terrific exercise. Just grab one in each hand and squeeze away for all you are worth.

Correct Method For Tearing Telephone Book

There is no better way of learning how to fear a telephone book than that that I y watch ing suit to be re sc du the stunt

Stand erect with your right foot in front of your left. (You may have your left foot in front of your right if you find it easier this way.) Grasp the telephone book over its edge with both hands, fingers up, now with your thumbs hooked under the edge of the book. Bend the middle finger of the right hand over the book and catch it with the thumb of the left hand. The right arm is extended straight out in front of you, and the left arm is bent at a right angle. Rest the telephone book on your right leg or on a table if you wish. Now relax.

Now that I'll hope that I can do this properly and enjoy you in the night. Push away with your hand and I'll be
 If you're left in bed. A little more than I can do for you. I'll be with you. I'll be with you. I'll be with you.
 and the other things that I'll be with you. I'll be with you. I'll be with you. I'll be with you. I'll be with you.
 he's, as an important part of his life. I'll be with you. I'll be with you. I'll be with you. I'll be with you.



When learning this strength feat it is advisable to start with a small telephone book and gradually add a page as you become more familiar. Then you have trouble with the next step you go to the next page. As the number of pages increases you get the hang of it. As the number of pages increases you get the hang of it. As the number of pages increases you get the hang of it.

[illegible]

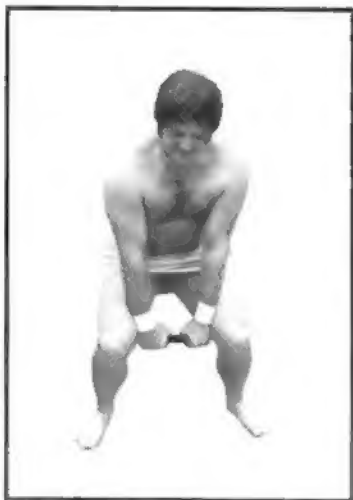
Everything it does the way it shows you the sensation. The Gary will be so very different as will
 PVE you with intense respect. Your reputation as a man of super strength will speak for you
 everywhere you go people will be asking you to tear telephone books apart. They will see you as

2. Adopt a position as illustrated (Stage 1), keeping the feet in a good solid position. Use the knee as shown in the photograph. In this way you will be able to bend the spike around the knee and get a "start" on the breaking process.

The second stage involves a change of position. You have bent the spike as much as possible during Stage 1 and now you need to increase the bend by adopting the second position,

Still holding tightly onto the bar or spike, you now change leg positions, whereby your knees are about 15 inches apart. Hold the spike as illustrated, and complete the second part of the first bend by aiding the hands and wrists with the inner part of the thighs.

Stage 2



3. Now is the time to "unbend" the bent bar. This is a most crucial part (Stage 3); in fact this is the most important stage if you are serious about breaking the spike.

Follow the exact hand placing as illustrated. The hand on the right is the hand that bends the nail. Note its position. Be sure to use the soft part of your hand just under the thumb so that you enjoy the utmost leverage which is vital in aiding spike-breaking. Continue through stage 1, 2 and 3 until the spike breaks.

Stage 3



It is always a good idea to start with thinner gauge spikes at first (6" ovals are good). Gradually you will develop further skill, strength and stamina (you need all three!) to go to work on heavier metal.

Don't use sharp spikes. They can hurt; use plenty of canvas to protect your hands.

THE END OF HERCULES II — THE BEGINNING OF YOU!

This is your last weekly lesson. If you have been faithful in your Hercules II workouts, then you HAVE GAINED FANTASTICALLY IN MUSCULAR SIZE, TONE, FITNESS AND STRENGTH. If you have followed our instructions to the letter, then you will have made great progress. In fact it would be virtually impossible for you to not have made gains in muscular development.

We hope now that you have got into the habit of exercising regularly, you will continue with your body-building workouts. You may want to get even bigger, or you may just want to train to keep super fit. Whatever your reasons, regular exercise is one of the most beneficial things in the entire world. If you don't want added size, then why not train a little less strenuously just to keep the muscles you now have in tip-top shape for the rest of your life. Believe us — **THERE IS NO MORE REWARDING FEELING THAN KNOWING YOU ARE IN TOP PHYSICAL CONDITION.** You feel S-T-R-O-N-G, ready for action. Your waist is flat and rock-hard. Your panther legs are ready to take you anywhere you will them, in triple-quick time. Your chest swells to monumental depth, your back is crowded with "Tiger" muscles of incredible definition. Anytime you bend your arms your biceps "jump" into a titanic mountain of pure rock-hard muscle. Flex them and they form a "peak" that would put a full-sized melon in the shade.

Yes sir! Muscles are worth millions! Of all the top stars in physical culture — men who have worked for their health, fitness and physique — we have NEVER MET ONE SOLITARY INDIVIDUAL WHO WOULD TRADE HIS PERFECT PHYSICAL CONDITION FOR EVEN ONE MILLION DOLLARS!

So remember, a little exercise and attention to your diet will go a long way. That's the beauty of body-building. Once you have built a championship body, it takes hardly any effort to maintain this condition.

On the other hand, if you want to make even more progress you should continue working HARD at your exercise program. As long as you continue giving it all you've got, your muscles will continue to improve. Stop and think about that! Just imagine what you will look like! You could continue until your body is developed to its fullest degree. Your body has a lot of potential. But remember, muscles are unpredictable. Some weeks they will just not seem to be growing, whereas other times they will seem to be growing almost every day. Day after day. Your gains will not come with "clockwork" regularity. Muscles tend to suddenly grow an inch or two, and then level off. Then if you keep training, they will suddenly spurt forward again, showing a further increase. Between spasms of growth you might reach a stale period at which time the muscles do not continue steady growth. At such "sticking points" you should eat more protein foods, perhaps even increase your milk intake substantially. Protein supplements have broken sticking points for some of the Nation's most famous physique stars. They simply added a good protein powder to a glass of milk or cream and consumed it after a workout. You should always bear in mind that **MUSCLE IS ALMOST COMPLETELY BUILT FROM PURE PROTEIN!**

Consequently only pure organic protein can build muscle. A PROTEIN SUPPLEMENT IS YOUR BEST ASSURANCE THAT YOU WILL NOT BE WASTING YOUR TRAINING EFFORTS!

We would like to say a word about personal conduct at this point. Once you have built big muscles you should not "show off" to your friends. Don't constantly pose your arms and flex your muscles to impress your buddies. This is one of the quickest ways to lose friends. If you have a good physique then your friends will notice without your having to "flex up" every few minutes to push your "lumps" under their noses to draw attention to yourself.

Conduct yourself quietly. Adopt an air of calm self-assured confidence. Don't be a loudmouth! People will hate you for it no matter how impressive your physique. Don't pose when at the beach. Simply stand with good posture, with your arms close to your sides. Don't "lat spread" (stand with arms outstretched at the sides away from the body). You will look ridiculous if you stand like this. Besides, dogs are liable to bark at you if you adopt this ridiculous posed position.

President Roosevelt wrote: "Walk softly, but carry a big stick". Your muscles are your "big stick" - make sure you walk "softly" with it.

We will keep your name on file at the Hercules II offices. You are one of the few people in this land who is genuinely interested in physical culture and body development. That makes you a special kind of person. Needless to say, your file is kept in a locked fireproof cabinet and your completed order form is kept strictly confidential.

Should we get news of any further developments in the form of muscle building breakthroughs, improved protein products, secret exercises, etc., we will let you know. Meanwhile, we take this opportunity of wishing you the very best luck in life. Keep training. Be healthy and above all, give life all you've got. We only go around but once!

P.S. —

We hope that you will induce your friends to enroll with us, so that we can help them too. Just send their names and addresses.

Although this lesson completes our course, we want you to feel free to write to us at any time if you ever have any questions.

With our very best wishes and sincere and warm handshake, we wish you health, strength, long life and happiness!